

HEALTHY CHICKEN CHASSEUR RECIPE



Ingredients

- ▲ 1 tsp olive oil
- ▲ 4 skinless chicken thigh fillets, sliced
- ▲ 2 cloves garlic, crushed
- ▲ 1 medium brown onion, chopped
- ▲ 150 g button mushrooms, sliced
- ▲ 2 sticks celery, sliced
- ▲ 1 medium capsicum, seeded and diced
- ▲ 1 tbs plain flour
- ▲ 1 cup salt-reduced chicken stock
- ▲ 2 tbs no-added-salt tomato paste
- ▲ 6 spring onions (including green tops), chopped

Method

1. Brush frying pan with oil. Saute chicken for 5–6 minutes until almost cooked.
2. Add garlic and onion, cooking until onion is translucent.
3. Add mushrooms, celery and capsicum.
4. In a small bowl combine flour and stock. Mix in tomato paste and stir until smooth. Pour onto chicken and stir well until mixture bubbles and thickens.
5. Cover and cook for 7–10 minutes until capsicum and celery are tender.
6. Stir through spring onions and serve.

Recipe from *Healthy Food Fast* © State of Western Australia, 2012. Reproduced with permission.

honeyed carrots and steamed broccoli.

Nutrition Information

	per serving	per 100g
Energy	1032 kJ	378 kJ
Protein	24.9 g	9.1 g
Fat, total	8.9 g	3.2 g
— saturated	2.5 g	0.9 g
Carbohydrate	8.6 g	3.2 g
— sugars	5.3 g	1.9 g
Sodium	118.1 mg	43.2 mg
Fibre	3.8 g	1.4 g

Serving Suggestion: Serve with rice or mashed potato,