

Creamy Chicken

Traffic light category: Green

Serves: 14

Tips

- use pre-cooked diced chicken meat if you prefer or if your canteen facilities do not allow you to prepare raw meat

- add extra vegetables e.g. cherry tomatoes or peas

Ingredients

- 6 tablespoons margarine
- 1 brown onion, finely diced
- 2 cloves garlic, finely diced
- 2-3 cups mushrooms, sliced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1/2 cup plain flour
- 1/4 teaspoon pepper
- 1 teaspoon paprika
- 750mL light evaporated milk
- 3 cups reduced salt chicken stock
- 1/2 cup light cream cheese
- 1kg skinless chicken breast
- 500g pasta e.g. bows or spirals

Method

Sauce and pasta

1. Melt margarine in a large pot
2. Add onion, garlic, mushrooms and capsicum; cook for 5 minutes
3. Blend in flour, pepper and paprika; continue stirring; cook for 1 minute
4. Gradually add milk and chicken stock, stirring constantly
5. Cook for 8 minutes, stirring frequently
6. Add cream cheese, cook for 2 minutes, stirring frequently
7. Cook pasta in a large pot of boiling water until tender; drain well
8. For chicken
 - Place 2-3 litres of water in a saucepan, bring to the boil. Add chicken; return to the boil
 - Reduce heat to low. Simmer, covered, for 15 minutes
 - Remove from heat; stand chicken in liquid for 5 minutes; remove from liquid and dice
9. Combine sauce, pasta and chicken; gently stir.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1315kJ	434kJ
Protein	28.9g	9.5g
Total fat	11.6g	3.8g
Saturated fat	4.0g	1.3g
Carbohydrate	22.5g	7.4g
Sugars	7.4g	2.4g
Dietary fibre	2.4g	0.8g
Sodium	319mg	105mg

