

healthy body



healthy mind

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Thai spiced fish cakes

Mustard chicken with garlic chilli greens

2 chicken breasts

3 Tbsp low fat crème fraiche

1-1 ½ Tbsp Dijon mustard

1 onion

Splash of white wine

Asparagus

Tender stem broccoli

1 Tbsp olive oil

Small knob of butter

1 Clove Garlic

½ Red chilli

Method

If your breasts are quite big, then slice down the middle to allow for more even cooking. Sear the chicken breasts in a pan over a medium heat with a drizzle of olive oil. As they begin to brown add the diced onion and a good splash of wine. Cover and steam for 4-5 minutes.

The breast should be nearly done now so stir in the crème fraiche and dijon mustard, bring the sauce up to a bubble and turn the heat right down. If you would prefer a thinner sauce then add a drop more wine. The sauce should lightly simmer for around 4-5 minutes which gives us time to flash our greens. Heat the olive oil to melt the butter before adding the clove of crushed garlic and diced chilli, as they begin to sizzle throw in a handful of tender stem and asparagus seasoning with salt and pepper and stir frying for around 3 minutes.