

CHICKEN AND MUSHROOM STROGANOFF

INGREDIENTS

15g butter
250g chicken (without skin)
100g mushrooms
1 medium onion
150ml double cream
1 tsp/5ml cornflour
150ml water
1 chicken or vegetable stock cube
Pinch of pepper
Salt

METHOD

- 1) Dice chicken into small cubes. Slice mushrooms and dice the onion.
- 2) Put cubed chicken into a pan with the oil and fry until a colour change.
- 3) Add sliced mushrooms and onions and fry for 5 minutes.
- 4) Dissolve the stock cube in 150ml hot water.
- 5) Blend the cornflour with 15ml COLD water in a cup or jug.
- 6) Add cream, stock and cornflour mix.
- 7) Stir until thickened and the chicken is cooked through.
- 8) Add a little pepper to taste.