



photography vanessa lewis 0825611506

Chicken a la King

(4 to 6 servings)

- 10 ml olive oil
- 500 g chicken breasts (skinless, boneless), cut into bite-sized pieces
- 50 g butter
- 5 ml crushed garlic or 2,5 ml garlic & herb seasoning
- 1 medium onion, finely chopped
- 250 g button mushrooms, sliced
- 125 ml green pepper, diced
- 75 ml cake flour
- 375 ml milk
- 375 ml chicken or vegetable stock
- 30 ml dry cherry (optional)

1. Heat the oil in a **large saucepan** and stir-fry the chicken until cooked but not dry.
2. Transfer the cooked chicken to a **plate** with a **slotted spoon** and set aside.
3. Add the butter, garlic, onion, mushrooms and peppers to the saucepan and stir-fry until the vegetables are tender.
4. Place the flour in a **medium bowl** or **measuring jug** and add a little of the milk. Make a paste to prevent lumps.
5. Add the rest of the milk and the stock and stir to combine.
6. Add the milk mixture to the pan and cook the sauce on a medium heat while stirring until it thickens.
7. Add the chicken to the sauce and simmer for 5 to 10 minutes until the chicken is heated through.
8. Serve with basmati rice or on pasta.

Variations:

- replace the milk with coconut milk or cream
- use a combination of red, yellow and green peppers
- add other vegetables such as corn, peas, etc.
- use leftover cooked chicken or turkey