



CREAMY CHICKEN AND PITTA

INGREDIENTS

Serves 4 -

400g chicken breast
Salt+pepper
Fry light
1 tsp white wine vinegar
1 tbsp worcestshire sauce
400ml chicken stock (2 stock cubes)
1 onion thinly diced
250 chesnut mushrooms
3 garlic cloves, crushed
1 tsp dijon mustard
175g light phillidelphia
4 pitta breads

PREP TIME

Prep time - 10 mins

Cook time - 20 mins

HOW TO COOK

01

Season chicken slices with salt and pepper, then set aside. Sprau a large frying pan with fry light and place over a medium heat

02

Add the chicken and colour on both sides then remove the meat from the pan and set aside. Return the pan to medium heat, add the vinegar and worchester sauce and add some of the stock if you need to. Add the onion, mushrooms and garlic and cook for 5 minutes until they brown, then add mustard and cook for 1 -2 minutes. Add all of the stock until it has reduced then reduce the heat to low and add the cream cheese.

03

Return the chicken to the pan, simmer for 5 - 10 minutes until the chicken is cooked.

