

We?re avoiding Lactose at the moment as it?s causing Sue issues. So this recipe is far from traditional. But it was really tasty.

Ingredients:-

475g of Inner Breast fillets, cut in half
1 Small Onion,diced
3 Cloves of Garlic, minced
200ml of Chicken Stock
3 Tbsp of Yogurt
5 Mushrooms, sliced
A handfull of Spinach Leaves
A dish of White Wine
Salt & Pepper
2 Tbsp of Italian style Crated Hard Cheese
Fresh Parsley to garnish
Bacon & Cheese seasoning to garnish
Pasta of your choice (Gluten free for us)
Oil to fry

Method:-

(1) Fry the Onion and Garlic until softened.
(2) Add the Chicken and fry until it is cooked through, stirring as required.
(3) Add the Mushrooms and Spinach, season with Salt & Pepper.

(4) Boil the Pasta until it still has a little bite, drain and set aside.
(5) Add the Wine & Stock and allow to simmer.
(6) Stir in the Yogurt and half of the grated hard Cheese.
(7) Allow to simmer for a few more minutes.
(8) Stir in the Pasta over a low heat, until it is heated through.
(9) Garnish with the remaining grated hard Cheese, Parsley and Cheese & Bacon Seasoning.

We generally make our own seasoning mixes but the Cheese & Bacon seasoning was really good. The taste of Bacon in a jar!