

## SIMPLE CREAMY MUSTARD CHICKEN



### Here's what you need:

- 4 chicken breasts
- 200g mushrooms chopped
- 200g broccoli florets, trimmed
- 1 red onion, chopped
- 2 tsp wholegrain mustard
- 100ml single cream
- Salt & pepper to taste

### Here's what to do:

1. Place non-stick frying pan on a medium heat. Place all the mushrooms in the dry pan. Let them toast until dark gold. Remove from the pan
2. Heat 1 tbsp of oil/knob of butter. Season the chicken breast with salt & pepper. Sear the chicken for 4 minutes (flip and cook 2 mins on each side)

3. Add onion, mushrooms and broccoli to the pan. Cook for 3 minutes, mixing well. Then add mustard, cream and 150ml water. Bring to the boil, reduce heat and simmer for a further 5 minutes
4. Season with salt and pepper. Serve when chicken is cooked through.

Voila bon appetite