

Chicken Supreme

Serves 10



Typical values per portion

Energy	1144kJ /274kcal
Fat	16.7g
Of which saturates	8.8g
Carbohydrate	4.4g
Of which sugars	3.3g
Protein	27g
Fibre	0.8g
Salt	2.3g
Vitamin D	6.4µg
Calcium	642mg

Handy Tip:

This goes well with mashed potatoes or as a filling for a pie

Ingredients:

- 500g Chicken breast (cooked)
- 6 Rashers of lean bacon
- 4 Small onions (chopped)
- 10ml Oil
- 1 Chicken stock cube
- 200ml Water
- 100ml Double cream
- 500g **The Laughing Cow® Nutrient Fortified**
- 100g Frozen peas (cooked)

ALLERGENS: Milk, Gluten (unless gluten-free stock cube)

For Allergens, always check labelling of specific ingredients used

Method:

1. Gently fry the onions in the oil in a pan
2. Add the lean bacon and cook until soft
3. Make up the chicken stock with the stock cube and water
4. Add **The Laughing Cow® Nutrient Fortified** and mix
5. Mix in the cooked chicken
6. Add the cooked peas
7. Heat until piping hot and mix in the cream
8. Serve with mashed potato or rice

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

