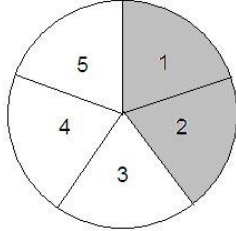



Chicken Chasseur

Serves 2

Portions of fruit & vegetables per serving: 2



Hob needed



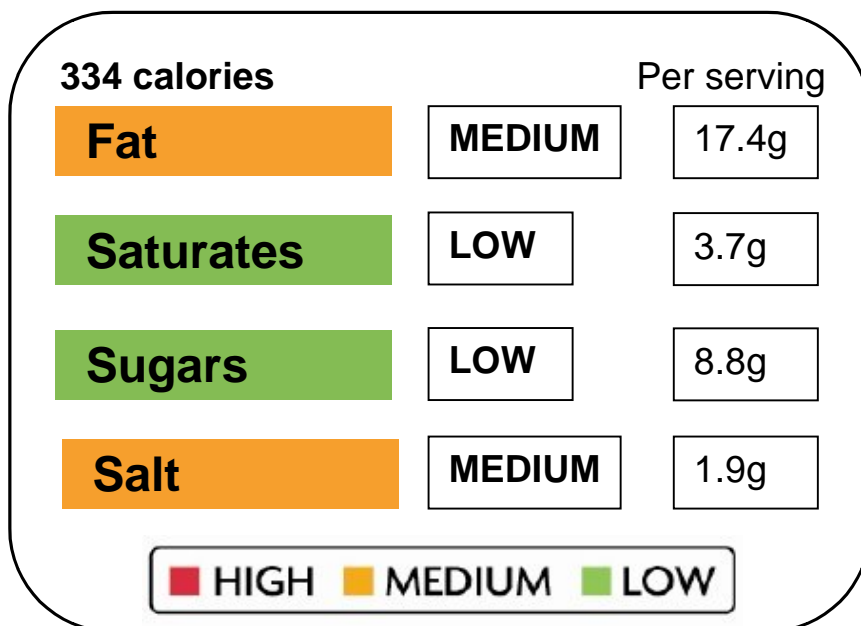
Ingredients	Amount	Preparation
chicken drumsticks	2	
black pepper	to taste	
vegetable oil	1 tablespoon	
onions	2 medium	thickly sliced
mushrooms	5-6 small	sliced
dried mixed herbs	¼ teaspoon	
tomato puree	1 tablespoon	
chopped tomatoes	1 can (400g)	
worcestershire sauce	to taste	
chicken stock	1 cube dissolved in 500ml of hot water	

Please Turn Over



Method

- 1 Sprinkle the black pepper onto the chicken.
- 2 Heat the oil in a saucepan and fry the chicken over a medium-high heat, until golden on both sides. Remove from the pan and keep to one side.
- 3 Add the onions and mushrooms to the pan, cook for 6-8 minutes, stirring occasionally, until they are beginning to soften and turning light brown.
- 4 Stir in the mixed dried herbs, tomato purée, can of tomatoes and Worcestershire sauce then pour in the stock.
- 5 Return the chicken to the pan and bring to the boil. Reduce the heat and simmer, with a lid on the pan, for 45 minutes - 1 hour, or until the meat is completely tender.
- 6 Serve



Handy Hints

- Serve with potatoes, rice or pasta and vegetables.
- If you would like a thicker sauce you can add 1 tablespoon of cornflour mixed with some water at the end of the cooking and stir until the sauce is thickened.
- You can use other cuts of chicken instead of drumsticks.

