

GF Friendly

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Chicken Chestnuts

Chicken fried with water chestnuts in a creamy sauce

I had half a can of water chestnuts in the freezer, so decided to use them for something different. The accompaniments seen in the photo were fried white and sweet potato cubes with garden peas; but you can use whatever you like.

- 200-300g chicken breast fillet
- 6 (½ can) water chestnuts
- ½ medium onion
- 1-2 cup mushrooms
- ½ can (210g) condensed chicken soup
- ½ cup milk
- ½ tsp garam marsala
- ½ tsp ground ginger
- ¼ tsp turmeric
- 2 tsps chicken stock powder
- 1 Tbsp light-tasting olive oil
- Shake of black pepper and salt (optional)



Trim any fat from the chicken; then cut into 2cm (¾ inch) cubes. Peel and coarsely chop both the onion and mushrooms. Slice each chestnut in half through the middle forming 12 discs. If you decide to try the fried potatoes, parboil these first, drain and cook in about 1cm of hot oil in the wok, turning until lightly browned; then spread on a tray to be reheated once the chicken is finished. Allow the oil to cool before draining it into a screw-top jar for later use; but leave a tablespoon of it in the pan for the chook and vegies.

Stir-fry the chicken pieces in the wok or pan, turning frequently until no raw meat is visible. Add the onion, mushrooms and chestnuts; sprinkle on the spices and stock powder, then toss over the heat for about 5 minutes.

Finally add the soup and milk, stir well until just boiling; then turn down to simmer covered for 15-20 minutes. Should you have chosen to prepare this earlier, it can now be turned off ready for re-heating later along with the fried potatoes.

Serves 2 with vegies or rice

the chicken and sauce is okay to freeze

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