



GF Friendly

Chicken and Bacon

a kid-safe alternative to liver and bacon

- 2 chicken breasts
- 6 rashers lean bacon
- 1 large onion
- 1 tsp chopped rosemary
- 1 tsp thyme
- 1 Tbsp coarsely chopped parsley
- 2 tsps chicken stock powder
- 2-3 Tbsps chicken gravy powder
- 1½ cups water
- 1 cup milk
- 1 Tbsp extra virgin olive oil



Cut the bacon into 3cm (1½ inch) squares and fry in oil until just browning. Remove and set aside. Cut chicken into thick slices that will sit in a tablespoon. Fry these in the pan, turning occasionally to brown slightly. Put this with the bacon.

Coarsely chop the onion and fry to the point where it is softening and starting to look transparent. Return the bacon and chicken to the pan and toss over a medium heat to warm. Now sprinkle on the rosemary, thyme, stock powder and gravy powder and toss gently to coat the meat. Pour on the water and milk and continue stirring until the sauce thickens. Turn down the heat and simmer covered for about 15 minutes, stirring occasionally (a heat diffuser is a good idea to prevent burning). For a thinner sauce stir in a little water, or wine if you fancy!

Just before dishing up, fold in the parsley.
Serves 4-6 with vegetables

Freezes well

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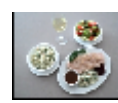
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