



Chicken breast with sweet peppers and oyster mushrooms

From Phase 2

Serves 1

Ingredients:

- 1 chicken breast (120 g – 4 oz)
- 1 large sweet pepper
- 60 g (2 oz) oyster mushrooms
- 1 pinch powdered garlic
- Clingfilm or aluminum foil
- Salt and pepper

Preparation:

Remove seeds from the sweet pepper and steam it for 25 min. Then peel it and purée it in a food processor, adding 2 tablespoons of water. Add a little salt.

Chop the oyster mushrooms and mix them with the garlic. Remove the skin from the chicken breast, cut it in two to open it up and stuff it with the mushroom mixture. Roll it up tightly into clingfilm or aluminum foil and steam it for 20 min.

Unwrap the roll and serve it on a plate with sweet pepper coulis poured over it. Add salt and pepper.

Hint:

You may also place the chopped mushrooms under the chicken breast and inside the aluminum wrapping. In that case, add fresh chopped herbs to the sweet pepper coulis and cover the mushrooms with it.

