

The 3 C's (Cheesy, Chorizo Chicken)



Serves	Prep Time	Cooking	Total Time	Calories
4 people				573 kcal

Stuff that's in it:

- 600G Chicken Breast (Sliced)
 - 40G Parmesan (Grated)
- 50G Eat Lean Protein Cheese
 - 45G Chorizo (Sliced)
- 100G Courgette (Sliced)
 - 1Tsp Oil
- 4 Tagliatelle Nests (Tesco)
 - 150G Peas And Carrots
 - 25G Plain Flour
 - 5G Dijon Mustard
 - 26G Lighter Lurpack
- 400ml Skimmed Milk (Warm)

What you do:

Pre heat your oven to 180c.

Heat a large fry pan and add the oil, add the sliced chicken with some seasoning and cook for a few minutes, giving it colour all over.

Add the courgettes and leeks and sauté for a few minutes until softened.

Add the chorizo and fry together for a couple of minutes.

In a small saucepan add the butter and melt until clear, add the flour in and whisk until it clumps together, add the milk and whisk until smooth on a low heat.

Add the parmesan and mustard and heat through whisking as you go. Finish by adding the eat lean cheese and allow to melt into the sauce until combined.

In a heat proof dish, add the chicken, chorizo and veg mix, then pour over the sauce and bake for around 15/20 minutes until golden and bubbling! Cook your veg and pasta and add with your cheesy chicken dish to serve!

Nutrition

- Carbs: 42g
- Fat: 16g
- Protein: 63g

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