



Crispy Chicken & Asparagus Bake

These portions serve 2 people

A simple and super healthy supper dish!. For a change try this dish with fish such as cod or haddock fillets, in place of chicken and add prawns in place of ham.

Ingredients

2 Chicken breasts cut into strips
100g (4oz) asparagus roughly chopped
50g (2oz) frozen peas, defrosted
25g (1oz) baby spinach leaves
75g (3oz) ham, roughly chopped
100ml (4floz) half-fat crème fraiche
50g (2oz) breadcrumbs, made from a JUVELA white or fibre loaf.

Method

Spread the chicken evenly in a shallow baking dish and place under a medium grill for about 8 - 10 minutes, turning occasionally until cooked through.

Meanwhile place the vegetables in a bowl and pour over boiling water, leave for 2 - 3 minutes, then drain.

Scatter the vegetables and ham over the chicken, top with crème fraiche and season well.

Sprinkle the breadcrumbs on top and return to the grill for a few minutes, until the topping is crisp and golden brown.