

This sounds very ?Chefy? but the Chicken breasts were of special offer at 7 for £5 so about £0.71 each. We split the pack up and frozen them in potions in bags. We acquire store cupboard ingredients for various recipes. So we didn?t need to buy much else apart from the small pot of Cream.

Ingredients:-

2 Chicken Breasts, cut in half lengthways
1 Tbsp of Wholegrain Mustard
1 Tsp of Dijon Mustard
5 Cloves of Garlic, minced
½ An Onion, finely diced
5 Rashers of Streaky Bacon, chopped
150Ml of Chicken Stock
200ml of Single Cream
1 Tsp of Dried Thyme
1 Tsp of Dried Parsley
5 Mushrooms, finely sliced
½ a Lemon, juiced
Salt & pepper to taste
1 Spring Onion, finely sliced, to garnish
Oil to fry

Method:-

(1) In a large frying pan add a little Oil and on a medium heat fry the Bacon until crispy.

(2) Remove and sit aside.
(3) Add a little more Oil and fry the Onions until softened.
(4) Add the Garlic and stir for a further 2 minutes.
(5) Add the Chicken Breasts and fry gently for 8 to 10 minutes, turning regularly.
(6) Add the Mushrooms and season with Salt & Pepper.
(7) Add the Honey, Dijon Mustard, Wholegrain Mustard and stir in.
(8) Add the Stock, Thyme, Parsley and Lemon Juice.
(9) Allow to simmer for 5 minutes.
(10) Add the Cream and stir in the Bacon as the sauce simmers. Reserving a little to garnish.
(11) Serve on a bed of Rice and garnish with Bacon and sliced Spring Onions.

Although far from the norm, we fried some Prawn Crackers so we had something to mop the sauce up with. Very tasty indeed!