

Around the world for £4 or less took us to Venezuela this time!

Ingredients:-

- 1 Chicken Breast per person (We butchered a £2.35 Chicken and roasted the remainder yesterday)
- 1 Tbsp Oil
- 1 Tbsp Worcestershire Sauce
- 1/2 Tbsp Soy Sauce
- 1 Teaspoon Adobo Seasoning (See below Sue made her own)
- 1/4 Onion (chopped in small pieces)
- 2 Cloves or Garlic grated
- ½ Cup Sliced Mushroom
- A slug of White Wine
- 1 Cup of single Cream
- 3 Spring Onions
- Chopped Coriander to dress

Adobo Seasoning:-

- 2 Tbsp Salt
- 1 Tbsp Paprika
- 2 Tsps Black Pepper
- 1 1/ Tsps Oregano
- 1 1/2 Tsps Onion Powder
- 1 1/2 Tsps Cumin
- 1 Tsps Garlic Salt

1 Tsp Chilli Powder

Method:-

- (1) Cut the Chicken breasts into halves.
- (2) Season the chicken breasts with the Oil, Worcestershire, Soy sauce and Adobo seasoning in a bowl.
- (3) Leave the chicken breasts to marinade. In the meantime cut the Spring Onions & Onions, and begin to sauté them along with the minced garlic in a large pan.
- (4) Add the chicken to the pan and begin to sauté them.
- (5) When the Chicken is partially cooked, add the Mushrooms and Coriander, and continue to cook for about 5 more minutes.
- (6) Add the Wine to the pan and let it cook at medium heat.
- 7. When the Chicken breasts and the Mushrooms start to brown and there is little Wine left, you can add the Cream and let it cook for a while to allow the flavours to blend. Dress with a little Chopped Coriander and serve.

We served ours with Dauphinoise potatoes and sautéed Leeks and Broccoli. We made a mistake with the Mature Cheddar we had in the fridge and it split in the Dauphinoise Potatoes. But it still tasted good.