



Creamy Mustard Chicken

Ingredients:

4 skinless Chicken Breasts
300mL Whipping Cream
2 tbsp Wholegrain Mustard
Plain Flour
Salt & Pepper
3 tbsp Olive Oil
2 tbsp Butter

Method:

1. Cut chicken into even sized strips. Approximately 2cm wide each.
2. Season with salt and pepper. Dust in plain flour.
3. Heat the pan with butter & olive oil.
4. Add chicken and fry slowly until golden. Turning only once.
5. Add mustard, mix through.
6. Add cream and bring to the boil. Remove chicken, place into serving dish.
7. Reduce cream to a thick sauce and serve over chicken.