FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Creamy chicken and tomato



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**490 kcal**

Stuff that's in it:

• 1 Can Chopped Tomatoes

• 180G Lightest Philidelphia

• 66G Red Onion (Chopped)

• 86G Baby Chestnut Mushrooms (Chopped)

• 100G Courgette (Chopped)

• 100G Santini Tomatoes

• 30G Spinach

• 5G Garlic Herbs

• 300G Chicken Breast (Cubed)

• 200G Sweet Potato (Cubed And Boiled For 10Mins)

• 178G Broccoli Florets

• 2 Tsp Oil

What you do:

Put your broccoli on to boil/steam.

Heat a large heavy bottomed fry pan and squirt/pour the oil all over, add the chicken and brown along with the onions and mushrooms. Then add the courgette and santini tomatoes and soften for a minute or 2.

Drain your broccoli and set aside. Add your sweet potato to the fry pan, stir through, add the canned tomatoes and bring to the boil. Add your spices and season. Once chicken is cooked through, turn heat down add the Philadelphia, stir through until creamy. Add your spinach then serve with your broccoli on the side.

Nutrition

- Carbs: 46g
- Fat: 10g
- Protein: 55g

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