

Swiss Chicken

INGREDIENTS

4 Large chicken breast fillets
2 Tbsp seasoned flour
1 Tbsp butter
1 Tbsp light sour cream
1 cup chicken stock
1 x 250g packet frozen spinach, thawed and drained
Sliced Swiss cheese
1 tsp French mustard
½ cup mushrooms

METHOD

Lightly flatten chicken fillets and dust with flour. Melt butter in a pan and fry the chicken until brown on each side. Pour half on the stock over the chicken, cover and simmer for 15 minutes or until cooked. Transfer the chicken to an oven proof serving dish. Cover with spinach. Top each fillet with a slice of cheese, then place in an oven at 180oC until the cheese melts. Pour the remaining stock into the pan in which the chicken was cooked and bring to boil, mixing in the caramelised juices. Reduce the heat, add sour cream, mustard and mushrooms and stir until combined. Pour sauce over chicken. Serves 4.

