

Chicken fricassee

Savoury

level 

 1

 40 min



Ingredients

100 ml	Fresubin 2 kcal DRINK Neutral
120 g	filet of chicken breast
20 g	peas, green, deep-frozen
20 g	mushrooms
20 g	asparagus
4 g	wheat flour (approx. 1 level teaspoon)
4 g	butter (approx. 1 level teaspoon)
100 ml	vegetable stock
50 ml	chicken stock
	salt, pepper, and curry if you wish

Nutritional information per serving:

Energy	390 kcal
Protein	41.2 g
Fat	12.2 g
Carbohydrate	28.4 g
Fibre.....	0.0 g



Alternative products:

Fresubin® Energy DRINK

Preparation

Cook chicken breast in 100 ml of seasoned vegetable stock. Sauté asparagus, mushrooms and peas in salted water. Make a roux from butter and flour and prepare a sauce from chicken stock and Fresubin 2 kcal DRINK Neutral.

Cut the chicken breast into cubes and add to the sauce together with the vegetables. Season with the spices.

TIP:

We recommend rice with peppers and a green salad as side dish.