

CHICKEN À LA KING

450g/1lb cooked chicken, no skin
50g/2oz lean smoked ham
1 green pepper
115g/4oz mushrooms
10ml/2 teaspoons oil
30ml/2 level tablespoons flour
1 chicken stock cube
275ml/½ pint water
150ml/¼ pint skimmed milk
Salt and pepper
1 to 2 bay leaves
10ml/2 teaspoons dried rosemary
150ml/¼ pint fromage frais, 0% fat

Dice chicken and ham and slice deseeded pepper and mushrooms. Heat the oil in a non-stick pan and sauté pepper and mushrooms for 3-4 minutes. Add the flour and mix thoroughly. Sprinkle in stock cube and gradually stir in water and milk. Add rosemary. Bring to the boil, stirring until thickened. Season and add chicken and ham and heat thoroughly. Stir in fromage frais and serve.

YOU NEED TO ROAST A whole chicken with its skin on as this keeps the flesh moist. But always discard the skin before eating. Traditionally chicken with skin is used for this recipe and would total 975 calories. When you discard the skin and any fat that may remain under the skin, then calories come down to 670 – a saving of 305 calories.

WE HAVE TO ADMIT that the chicken skin does add some flavour to this dish, so we added a little lean smoked ham which gives lots of flavour for just 60 calories.

TRADITIONALLY the vegetables would be sautéed in at least 50g/2oz butter which adds up to 420 calories. Not

only is oil lower in saturated fat, but you can fry with far less. Our Thin Twin recipe uses just 10ml/2 teaspoons oil at 80 calories. That means a saving of 340 calories.

IF YOU BOIL your chicken, then you use the water as stock, any fat from the chicken will go into the stock. So you could end up gaining back quite of a few of the calories you lost by using skinless lean chicken. We used a chicken stock cube for the sauce which costs 30 calories.

INSTEAD of double cream we stirred 0% fat fromage frais into the sauce for another saving of 550 calories

TRADITIONAL RECIPE
Serves 4 at 515 calories per portion

THIN TWIN
Serves 4 at 270 calories per portion