

Cheesy Chicken and Watercress Bake

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Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients:

- 4 cooked chicken breasts
- 55g/2oz butter
- 55g/2oz flour
- 500ml/1 pint milk
- 100g/4oz strong Cheddar, grated
- 1 x 85g/3oz pack watercress, roughly chopped
- Large pack plain crisps



Method:

Place the chicken breasts in a casserole dish. To make the sauce: melt the butter, add the flour and stir well over a medium heat for 2-3 minutes. Remove from the heat, gradually stir in the milk, bring to the boil and beat in the grated cheese and roughly chopped watercress, leaving a few sprigs for garnish. Pour over the chicken. Cook for 20 minutes at 200°C, gas mark 6. Finally sprinkle the crisps on top, garnish with watercress and serve with rice.

Nutrition:

Portions	4
Calories	866
Fat	57g
Saturated Fat	28g
Carbohydrate	34g
Protein	56g
Fibre	1g
Salt	1.65g