

CHICKEN, BROCCOLI, WHITE ASPARAGUS & BASIL SAUCE

Serves 2

INGREDIENTS

200g free-range chicken breasts
Small bunch of thyme
1 teaspoon salt
1 clove garlic
1 cup water
100g bottled white asparagus, drained
6 large basil leaves
120g organic broccoli
Juice from quarter of a lemon
60g organic tomato, chopped
Freshly cracked black pepper
Chives to garnish

METHOD

Place your chicken breasts into a saucepan along with the fresh thyme, salt and crushed garlic clove, then add in one cup of water.

Bring to simmer, uncovered for 5 minutes, then turn the chicken breast and simmer for another 5 minutes. Pierce with a knife in the centre of the breast to ensure it is cooked through. Remove from the pan and then strain remaining liquid into a blender. Discard thyme.

Add your asparagus spears and basil to the blender, then blend until completely smooth. Set aside.

Steam or boil your broccoli in some salted water until just tender, around 6 minutes. Discard the water, then squeeze some lemon juice over the broccoli.

Heat up the asparagus and basil puree slightly and then place onto the centre of the plate. Shred your chicken and place on top of the sauce. Add the broccoli and chopped tomatoes and serve.

Garnish with chives and freshly cracked black pepper. Drizzle extra lemon juice, if desired.

PER PERSON:

100g protein
140g vegetables

