

Rainbow Plate

Serves 5

with minimal washing up!

Ingredients:

- 5 chicken breasts
- 2 tablespoons of butter
- 1 tablespoon wholegrain mustard
- 1 standard can of evaporated Skim Milk
- 2-3 medium carrots
- 3 cobs of corn halved (or 1 can of corn for a substitute)
- 1/2 broccoli (Can swap vegetables)



1. **Slice skinless chicken breasts through horizontally.**
2. **Cook them slowly on low heat in non-stick pan - about 5 minutes each side. Try not to brown (for presentation).**
3. **Remove from pan. Sample at this point in case chicken isn't completely cooked.**
4. **Make a simple sauce by adding couple teaspoons of butter to the pan, when melted add 1 tablespoon grained mustard (more or less ok)**
5. **Mix sauce for 1 minute and add evaporated skim milk to taste**
6. **Put chicken breasts back in the sauce to warm.**
7. **At the same time microwave sliced carrots and fresh corn for 2 minutes, (there is no need to peel carrots).**
8. **add broccoli to dish and microwave for 2 more minutes**
If you only have tinned corn then put the corn in with the broccoli.
9. **Enjoy only washing up the one pan and one large microwave dish!**