

Lunch

Chicken Salsa

Ingredients:

Skinless chicken breast, pounded into thin bite size pieces
(first week: 150g chicken = 33g protein), 90g = 20g.

45g	Mozzarella cheese, low fat, grated = 10 g protein.
¾ cup	mixture: broccoli florets and finely sliced green capsicum
¼ cup	mushrooms, finely sliced
1 clove	garlic
2 tsp	tomato paste
¼ cup	water
½ tsp	dried onion flakes
	Tabasco sauce to taste
	Sea salt and cracked pepper to taste
	Olive oil cooking spray
	Sprinkling of Italian seasoning
	Garnishing of fresh chopped parsley

Method:

- Mix together and leave to stand, water, tomato paste, Tabasco sauce, Sea salt, pepper and onion flakes
- Spray coat frypan with Olive oil cooking spray
- Over moderate heat, add crushed garlic, chicken, mushrooms, broccoli and green capsicum
- Keep mixing and tossing until chicken is browned
- Then add tomato salsa mixture, stirring well until evenly mixed through
- When ready to serve, sprinkle over with grated cheese and parsley

Optional (transfer pan under preheated griller and grill until cheese melting and golden brown – do not place handle under griller)