

Ingrediënten

- 2 tbsp. flour
- 2 tbsp. parmesan cheese, grated
- 1/2 tsp. salt, divided
- 1/4 tsp. pepper
- 16 oz chicken breast
- 1 tbsp. olive oil, divided
- 2 cup onion, diced
- 2 garlic cloves, minced
- 2 cup mushrooms, sliced
- 1/2 tsp. basil
- 2 tbsp. dry white wine
- 2 tbsp. water



Serving Size: 1 (255 g)

Smartpoints : 8

Nutritional Value :

Calories 298, Total Fat 15g, Saturated Fat 4g, Cholesterol 75mg, Sodium 406mg, Total Carbohydrate 13g, Dietary Fiber 2g, Sugars 4g, Protein 27g

Recept

1. On a sheet of wax paper or paper plate, combine flour, parmesan cheese, and 1/4 tsp each salt and pepper.
2. Dredge chicken in flour mixture, coating both sides, and reserve any remaining flour mixture.
3. In a 10 inch skillet, heat 1 1/2 tps oil over medium-high heat; add onions and garlic and saute until onions are softened.
4. Add mushrooms, basil, and remaining 1/4 tsp salt and saute until mushrooms are tender, about 5 minutes.
5. Transfer mixture to plate and set aside.
6. In the same skillet, heat remaining 1 1/2 tsp oil; add chicken and cook, turning once, until lightly browned, 1 to 2 minutes on each side.
7. Stir in reserved flour mixture; gradually add wine and water and continuing to stir, bring mixture to a boil.
8. Return mushroom mixture to the pan and cook until heated through.

Bron

<http://www.smartpointsrecipes.com/parmesan-chicken-with-mushroom-wine-sauce/>

Info Martine Lycke 23/03/2016

- 1 Ui
 - 2 Teentjes look
- Aanbakken in olijfolie tot glazig



- Toevoegen :
- 500 g Champignons in schijfjes
- 1 kl Basilicum
- ¼ tl Zout



5 minuten garen

Opzijzetten

- Mengen:
- 2 el Gemalen Parmezaan
- 2 el Bloem
- ¼ kl Zout
- ¼ kl Peper



- Aparte Pan:
- 300 g Kippenblokjes in Parmezaan mengsel roeren



Aanbakken in olijfolie

Rest van het Parmezaan mengsel toevoegen samen met



- 2 el Witte wijn
- 2 el Water
- Champignons toevoegen

Fotos

