

Chicken trinchado

INGREDIENTS

500 g Chicken
1 Onion, chopped
1 Pepper, chopped
200g Mushrooms, sliced
250 ml Cream
125 ml Plain yogurt
Chilli paste
Salt and pepper

Note: You can replace the chilli paste with sweet chilli sauce (200 ml), if you can find LCHF approved brand.



METHOD

Fry the onion, garlic and peppers over medium heat until soft. Add the chicken, salt and pepper and brown.

Add the chilli, cream and yogurt and simmer over low heat for 15 min.

Serve with herb mug bread.



FROM THE  OF: Cornia