

# Adios™

A natural aid for slimming



## DIJON CHICKEN AND PASTA

Serves: 4

Calories per serving: 591

### Ingredients

4 chicken breasts, skinless 120g-170g each, sliced in thin strips  
1 tbsp olive oil  
1 tsp salt  
freshly ground black pepper  
1 small onion, finely diced  
4 cloves garlic, finely minced  
½ glass dry white wine  
360ml chicken stock  
2 tbsp Dijon mustard  
2 tbsp fresh basil  
2 tbsp low fat sour cream  
340g pasta (like penne or fusilli)



### Instructions

- 1 Heat the olive oil in a large frying pan over a moderately high heat. Season the chicken with the salt and pepper and add to the pan. Fry until golden brown on both sides, about 6 minutes.
- 2 Lower the heat and add the onions. Cook until the onions are translucent, about 5 minutes. Add the garlic and cook 1 minute more. Remove the chicken from pan and set aside.
- 3 Turn the heat to medium, add the wine and reduce until it is almost completely evaporated. Add the chicken stock and reduce by half. Add the mustard and low fat sour cream, and stir until the sauce is creamy.
- 4 Meanwhile, place a large saucepan of water on to boil. Add the pasta and cook about 12 minutes until al dente. Drain.
- 5 Add the chicken and pasta to the sauce and toss until coated. Sprinkle with fresh basil.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: