

Creamy Chicken

recipes
using Renastep

Creamy Chicken

Preparation time: 15 minutes

Cooking time: 35 minutes

Makes: 2 portions

Ingredients

125ml Renastep™ (1 bottle)

1 tbsp sunflower oil

½ white onion, peeled and chopped

½ green pepper, chopped

½ orange pepper, chopped

1 chicken breast fillets (approx. 150g), cut into 2.5cm/1in pieces

½ tbsp dried basil

½ tbsp tarragon

Method

1. Heat the sunflower oil in a large frying pan over a medium heat and cook the onion and green and orange peppers for a few minutes until soft.
2. Add the chicken to the pan and brown off.
3. Add the basil and tarragon and stir.
4. Cover and simmer for about 10 minutes.
5. Add the Renastep to the pan and simmer for approx. 5-10 minutes.
6. Whilst the creamy chicken is cooking, prepare the rice. For microwave or boiled rice follow the manufacturer's instructions.
7. When the rice is ready, remove the creamy chicken from the heat and serve with a portion of rice.

Main Meal

Nutritional Information (not including rice)

Nutrient		per portion	per 100g
Calories	kcal	283	108
Protein	g	21.6	8.3
Sodium	mg/mmol	101 / 4.3	39 / 1.7
Potassium	mg/mmol	502 / 12.5	192 / 4.8
Phosphorus	mg/mmol	214 / 6.9	82 / 2.6
Calcium	mg/mmol	59 / 1.5	22 / 0.6



Add ½ tsp turmeric to the water whilst cooking the rice. This will make the rice a lovely yellow colour.



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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