

**Tasty's Chicken Topper** *(Makes enough for at least 8)*

8 x jacket potatoes  
4 x large skinless corn fed free range chicken breasts - diced  
0.5 litre chicken stock (approx)  
2 bay leaves  
200ml. milk (or double cream if it's your birthday)  
2 x large carrots – finely diced (or baby carrots)  
2 x leeks – finely diced (or baby leeks) 4 x spring onion – finely diced  
2 x fresh sweet corn – cooked  
20 x baby mushrooms  
1 x bunch baby leaf spinach – washed  
1 x bunch flat leaf parsley / dill / chives  
50g unsalted butter  
50g Flora™  
100g. flour (whole meal if preferred)  
Splash of olive oil  
Rock salt and crushed black pepper

**Method**

*Place the diced chicken in a pot covered with the stock and bay leaves and gently bring to the simmer. Once poached remove from the liquid and drain retaining the liquid. In another pot melt the butter and Flora™ over heat and add the flour combining well to make a roux. Now add the chicken stock gradually to create a silky smooth mix. When all the stock has been added slowly introduce the milk (or cream) to the stock to find the desired sauce consistency. Separately add a splash of olive oil to a pan and gently sweat the carrots, mushrooms, spring onions, leeks and sweet corn until all are a little soft. Add the poached chicken to the vegetables then pour over the sauce and selected green herb. Whilst warm add the baby spinach leaves, adjust the seasoning with salt and pepper and remove from heat ready to serve over the jacket potatoes.*

*NB. All different vegetables can be used depending on season. In place of chicken guinea fowl would be a great alternative. Chicken thighs or legs (which are full of flavour) could be substituted for the breasts. This recipe is simple to re heat in a microwave. A luxury version of this can be made by substituting the milk for double cream and on the flip side a lower fat version could be made using semi skimmed milk!*