



BROCCOLI AND CHICKEN GRATIN

Delicious gratin made of fresh broccoli and light poched chicken

 15 minutes

 35 minutes

 4 portions

INGREDIENTS

- 800 grams of broccoli, boiled, drained
- 600 grams of chicken, breast, without skin, raw
- 4 portions of bechamel sauce (803 g)
- 60 grams of parmesan cheese, from cow's milk
- 2 tbsps of nuts, almonds, blanched (18 g)

COOKING METHOD

- 1° cook broccolis in water and drain, allow to cool
- 2° Season the chicken breast and steam it with no skin on, allow to cool and cut in small cubes
- 3° Make the bechamel Sauce
- 4° In a glass dish, place the broccolis at the bottom, some chicken on the top and repeat the operation creation layers until the ingredients run out
- 5° Pour the bechamel Sauce over the top, sprinkle with gratted parmesan cheese and sliced almonds and place in the oven
- 6° Bake 350F for 20 min and broil (light) for 10 min. Cooking depend of the oven so keep an eye on it

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (570 g)	% DRI
ENERGY	92 kcal	524 kcal	26 %
FAT	4 g	24 g	36 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 g	49 %
CHOLESTEROL	23 mg	132 mg	44 %
SODIUM	299 mg	1708 mg	71 %
CARBOHYDRATE	5 g	31 g	10 %
SUGARS	1 g	5 g	—
FIBER	1 g	7 g	27 %
PROTEIN	9 g	51 g	—