



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 Dairy free (825 g)
- 60 grams of parmesan cheese, from cow's milk
- 50 grams of nuts, almonds, blanched sliced

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 brocolis 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	87 kcal	497 kcal	25 %
FAT	4 g	23 g	35 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	30 %
CHOLESTEROL	19 mg	111 mg	37 %
SODIUM	311 mg	1775 mg	74 %
CARBOHYDRATE	5 g	29 g	10 %
SUGARS	1 g	5 g	—
FIBER	1 g	7 g	30 %
PROTEIN	9 g	49 g	—