

## Chicken Crème Fraiche Recipe

### Safety First

For food safety guidance, please head to <https://www.scouts.org.uk/volunteers/staying-safe-and-safeguarding/safety/keeping-safe-at-camp/guidance-for-food-safety/>

For general safety guidance, please head to [www.scouts.org.uk/safety](http://www.scouts.org.uk/safety)

**You must ensure that anyone who will prepare or eat the food is not allergic or intolerant to any of the below ingredients.**

### Ingredients

Chicken breast x 1 – (if you are vegetarian or vegan, please replace with food of your choice)  
Onion x 1 – pre-peeled  
Mushrooms x handful  
Yellow Pepper x 1  
Courgette x 1  
Garlic x 3 cloves  
Spinach x handful  
Crème Fraiche x 1 small tub  
Chicken stock x half pint glass pre-made  
Wholegrain mustard/Nando's sauce/chilli sauce – your choice!  
Salt and Pepper  
Oil  
Rice – already pre-cooked – will re heat with boiling water and drain

### Equipment

Large Cooking Pan  
Chopping Board  
Knife  
Cooking Spoon  
Tasting Spoon  
Tea Towel  
Sink – hot soapy water