



Around the world for £4 or less took us to Venezuela this time!

Ingredients:-

- 1 Chicken Breast per person (We butchered a £2.35 Chicken and roasted the remainder yesterday)
- 1 Tbsp Oil
- 1 Tbsp Worcestershire Sauce
- ½ Tbsp Soy Sauce
- 1 Teaspoon Adobo Seasoning (See below Sue made her own)
- ¼ Onion (chopped in small pieces)
- 2 Cloves or Garlic grated
- ½ Cup Sliced Mushroom
- A slug of White Wine
- 1 Cup of single Cream
- 3 Spring Onions
- Chopped Coriander to dress

Adobo Seasoning:-

- 2 Tbsp Salt
- 1 Tbsp Paprika
- 2 Tsps Black Pepper
- 1 1/ Tsps Oregano
- 1 1/2 Tsps Onion Powder
- 1 1/2 Tsps Cumin
- 1 Tsps Garlic Salt

1 Tsp Chilli Powder

Method:-

(1) Cut the Chicken breasts into halves.

(2) Season the chicken breasts with the Oil, Worcestershire, Soy sauce and Adobo seasoning in a bowl.

(3) Leave the chicken breasts to marinade. In the meantime cut the Spring Onions & Onions, and begin to sauté them along with the minced garlic in a large pan.

(4) Add the chicken to the pan and begin to sauté them.

(5) When the Chicken is partially cooked, add the Mushrooms and Coriander, and continue to cook for about 5 more minutes.

(6) Add the Wine to the pan and let it cook at medium heat.

7. When the Chicken breasts and the Mushrooms start to brown and there is little Wine left, you can add the Cream and let it cook for a while to allow the flavours to blend. Dress with a little Chopped Coriander and serve.

We served ours with Dauphinoise potatoes and sautéed Leeks and Broccoli. We made a mistake with the Mature Cheddar we had in the fridge and it split in the Dauphinoise Potatoes. But it still tasted good.