

Chicken breasts with Carbonara Cream



INGREDIENTS FOR 4 PEOPLE:

- 2 carrots
- 1/3 yellow pepper
- 1/3 red pepper
- 200 g of zucchini
- 200 g of broccoli
- 200 g of cauliflower
- 4 chicken breasts
- 15 cl of olive oil
- 2 garlic cloves
- 10 cl of White wine
- 20 cl of Carbonara Cream **PARMALAT**
- Salt and Pepper (to taste)

PREPARATION:

Peel the carrots, cut them into pieces and cook them in salted water for five minutes.

Cut the peppers. Add them to the carrots and cook five minutes.

Cut the zucchini into triangles and bake it with broccoli and cauliflower.

Drain. Cool and set aside.

Season the chicken breasts with salt and pepper. Saute on both sides and add a clove of minced garlic.

Add the white wine and carbonara cream **PARMALAT**.

Cook for two minutes and set aside.

Chop the remaining garlic clove and cook in the remaining oil. Add the cooked vegetables, salt and saute.

Remove and serve with chicken breasts and carbonara cream **PARMALAT** Carbonara.

CON TODA LA CALIDAD PARMALAT