

Chicken with Chilli, Garlic and Mushrooms

This one is more of an evening meal as it's best served hot just after preparation. It will take about 15-20 minutes, very simple and it's not only healthy but impressive!

Ingredients (for one serving):

- Chicken (GoldStandard steamed chicken breasts of course!), torn (if you tear the chicken apart it will soak in the flavours better).
- Garlic, 3-4 cloves, chopped or crushed.
- Chilli, depending on your preference to heat, personally I like to have one HOT red chilli, chopped (with seeds).
- Mushrooms, peeled or washed, chopped.
- Onion, chopped (use sparingly to avoid starch)
- Olive oil (1 tbsp. for cooking)
- Salt & pepper (to season)

Method:

Add the olive oil to a hot pan, add half of your chilli and fry for 20-30s.

Add the prepared mushrooms and stir, after a couple of minutes they will "sweat" any moisture out which will boil off in the pan. Allow most of the water to boil away leaving the cooked mushrooms.

Now throw in the chicken, garlic, onion and remaining chilli and stir for 3-4 minutes until the garlic has melted slightly but not so much that it has turned brown (keep an eye on the garlic as your gauge).

Salt & pepper to taste, serve, enjoy.

Alternatives:

The method above is a low/zero carb meal however there's no reason you couldn't serve this with pasta/rice/quinoa. If you do decide to add one of these then cook (if necessary) separately then add to the pan at the end and stir (to mix all the flavours through the pasta or rice).

You can also add some fresh basil or chopped red peppers at the same time as the garlic, chilli and chicken are added if you want to show off (wow 3 flavours, adventurous for an athlete!)