

# FRENCH FRIES CHICKEN MUSHROOM SAUCE

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2 persons / 590 kcal per person

## Ingredients:

- 1 tablespoon of oil
- 220 grams of chicken thigh fillet
- 300 grams of airfryer fries
- 1 bag of mushroom sauce
- 250 grams of mushrooms
- 100 grams of iceberg lettuce (mélange)
- 2 tomatoes
- pepper and salt



## Preparation:

Cut the chicken into pieces and slice the mushrooms. Heat the oil in a frying pan and fry the chicken for 5 minutes, add the mushrooms and fry another 4 minutes. Season with salt and pepper. Bake the fries according to the description on the packaging. For the sauce, add 250ml of cold water in a pan. Add the contents of the bag of mushroom sauce. Bring this to the boil while stirring with a whisk. It is not necessary to add salt. Dice the tomatoes and mix with the salad. Divide everything on a plate and enjoy.

## Nutritional value per person:

Energy:	590 kcal
Protein:	29.8 grams
Carbohydrates:	52.6 grams
- including sugars:	3.8 grams
Fat:	27.1 grams
Fiber:	6.9 grams
Salt:	3.0 grams