

No added MSG,
preservatives
or colourants

SUFFICIENT FOR
3 MEALS



So Consistent, So Easy, So Good!

MUSHROOM & SWEET PEPPER COOK-IN-SAUCE



SERVING SUGGESTION

**CROWN
NATIONAL**

180 g



CHICKEN A LA KING

30 ml	Oil (2 Tbsp)
150 g	Onion, chopped (1 onion)
200 g	Pepper, cut into strips (red or green)
125 g	Mushrooms, sliced (½ packet)
500 g	Chicken breast fillets, cut into strips (4 chicken breasts)
60 g	SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE (6 tbsp)
375 ml	Water/Milk (1½ cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the peppers and mushrooms and fry for 2 minutes.
3. Add the chicken and cook until the meat turns white.
4. Whisk the SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE with the water or milk and add to the chicken.
5. Bring to the boil and cook for ± 2-3 minutes, stirring continuously until slightly thickened.



CREAMY CHICKEN STEW

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750g	Chicken portions (6 - 8 pieces)
60 g	SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE (6 tbsp)
500 ml	Water (2 cups)
250 g	Baby potatoes, halved (2 cups)
125 g	Carrots, thinly sliced (1 cup)
125 g	Peas, frozen (1 cup)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the chicken and brown slightly on both sides.
3. Mix the water and the SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE together, add to the chicken and bring to the boil.
4. Add the potatoes and carrots, reduce heat and simmer for ± 15 – 20 minutes, stirring occasionally, until the vegetables are soft. Add the peas and cook for ± 5 minutes.



BEEF STROGANOFF

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Beef, strips
200 g	Pepper, cut into strips (green)
250 g	Mushrooms, sliced
60 g	SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE (6 tbsp)
50 g	SO GOOD BROWN ONION GRAVY (5 tbsp)
500 ml	Water (2 cups)
375 ml	Milk (1 ½ cups)

METHOD

1. Heat oil in a large pot. Sauté the onions in the oil until soft.
2. Add the beef strips and fry until lightly browned.
3. Cover and simmer for ± 5 minutes or until the meat starts to soften.
4. Add the peppers and mushrooms and fry for ± 2 minutes.
5. Whisk the SO GOOD MUSHROOM AND SWEET PEPPER COOK-IN- SAUCE and the SO GOOD BROWN ONION GRAVY powder with the water and milk, add to the pot.
6. Bring to the boil and cook for ± 2 minutes, stirring continuously.
7. Reduce heat and simmer, stirring occasionally until the sauce has thickened and the meat is tender.



CHICKEN LASAGNE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
125 g	Mushrooms, sliced (½ packet)
500 g	Chicken breast fillets, cut into strips (4 chicken breasts)
375 ml	Water (1½ cups)
60 g	SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE (6 tbsp)
100 g	SO GOOD WHITE SAUCE POWDER (1 packet)
500 ml	Milk (2 cups)
250 g	Lasagne pasta sheets
100 g	Cheese, grated

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft. Add the mushrooms and fry for ± 2 minutes.
2. Add the chicken and fry until cooked.
3. Whisk the water and the SO GOOD MUSHROOM & SWEET PEPPER COOK-IN-SAUCE powder together and add to the meat. Bring to the boil, stirring continuously. Simmer for ± 2 - 3 minutes until thickened. Remove from the heat.
4. In a separate pot whisk the milk and the SO GOOD WHITE SAUCE POWDER together. Bring to the boil and cook for ± 2 - 3 minutes, whisking continuously until thickened.
5. In a baking dish cover the base with pasta sheets.
6. Spoon half the chicken mixture over the pasta sheets and cover with another layer of pasta sheets.
7. Add the remaining chicken mixture and spread over the pasta and cover with another pasta sheet layer. Spread the white sauce over the pasta and sprinkle with the grated cheese.
8. Bake at 160°C for ± 30 - 40 minutes until golden brown on top.