



Yellow sticker win for us again. The normal price on these was £3.17 which will buy us a medium Chicken which will last us for at least 2 days. But at £1 each we thought they deserved something a bit special.

Ingredients:-

Butter

Bacon

1 Poussin per serving

2 Shallots, sliced

Mushrooms, sliced

Fresh Thyme

Almond Milk

150g White Wine

2 Cloves of Garlic, minced

Carrot, finely batoned

2 Bay Leaves

1 Egg York

Gluten free Flour

Chicken Stock

Parsley

Salt & Pepper

Oil & Margarine

Method:-

- (1) Melt the Butter and slowly add Flour to form a Roux. Add Milk and whisk until you have a smooth sauce.
- (2) In a separate pan fry the Shallots in Butter or Margarine then add the Garlic, Bacon, Carrot and Mushrooms. Season this with salt & Pepper.
- (3) Fry the vegetables on a low heat until they are softened.
- (4) Remove these from the pan and set aside to drain any excess oil.
- (5) In the same pan add a little extra Oil and sear the Poussin on all sides.
- (6) Transfer the Poussin to a casserole dish.
- (7) Add the Bacon and vegetable combination you created earlier and some Chicken Stock, the Wine, Bay Leaves, chopped Parsley, Thyme and Egg Yoke.
- (8) Simmer for 10 minutes stirring regularly.
- (9) Pour the Roux sauce over the Poussins and cover the casserole disk with kitchen foil.
- (10) Place in a pre ? heated oven at 180c for 30 to 40 minutes.

We served ours on a bed of baked Vegetables and it was a very restaurant style treat for us, whilst still being within our £4 budget!