

Chicken and piquanté peppers on toast

Serves 4

oil, for frying

1 French Stick, sliced diagonally

2 smoked chicken breasts, sliced diagonally

handful of rocket lettuce

18-20 piquanté peppers

75g crumbly cottage cheese

chives, chopped

1 Lightly oil a pan and brown the slices of bread. Cook the chicken slices in the same pan.

2 Arrange the rocket on the toasted bread and pile the chicken on top.

3 Fill the piquanté peppers with the cottage cheese and place two on top of each slice of bread. Spoon a little cottage cheese on top of the chicken to secure the peppers. Scatter the chives on top and serve.

Fat	7g	Carbs	9g	Energy	196kcal
Protein	26g	Sodium	.2g	Fibre	3g



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