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CHICKEN STEW WITH TARRAGON DUMPLINGS

If you don't like tarragon you can swap it for your favourite herbs.

Serves 4

Per serving: 453 Calories, 2% fat
(excl. accompaniments)

Prep time 20 mins

Cook Time 40 mins

INGREDIENTS

400g skinless chicken breasts, diced
1 red onion, finely chopped
2 garlic cloves, crushed
4 rashers lean back bacon
150ml sweet white wine
150ml strong chicken stock
1 x 400g can chopped tomatoes
1 tsp fresh tarragon leaves

For the dumplings:

100g flour
1 tsp baking powder
20g Half-Fat Mature Cheese, grated
1 tsp English mustard
1 tbsp low fat spread
milk to mix
Freshly ground black pepper

METHOD

1. Dry-fry the onion in a non-stick pan until soft. Add the garlic, chicken and bacon. Add the white wine, stock and cover with a lid. Simmer gently for 30 minutes over a low heat until cooked.
2. For the dumplings, mix together the flour, baking powder, cheese, mustard and low-fat spread adding the black pepper.
3. Add sufficient milk to combine to a sticky dough. Divide into 6 balls and place on top of the stew. Cover with a lid and continue cooking for 10 minutes until the dumplings are double in size. Serve with additional vegetables.

