



Chicken and Rice

Ingredients:

- 1 tin of chicken in white sauce
- 1 packet of microwave rice

Method:

1. First, empty the tin of chicken in white sauce into a saucepan and heat gently on the hob for 4-5 minutes.
2. Leaving the chicken on a low heat, cut two small slits at either side of the rice packet and heat in the microwave for the time stated on the packet (usually 2-3 minutes).

3. Carefully tear open the packet of rice and pour onto your plate.
4. Remove the chicken from the heat, then pour over the rice.

Top tip:

You could try sprinkling some pepper, chilli flakes or herbs on top to add some flavour!