



Cheesy Chicken

Product

Nammilk Fresh Milk Full Cream

Description

Super easy, super tasty, and will likely rank among your family's favourites.

Ingredients

- 6 boneless, skinless chicken breasts.
- 1 1/2 cups cheddar cheese, grated.
- 3/4 cup Nammilk Fresh Milk Full Cream.
- 1/2 cup parmesan cheese, grated.
- 3 tablespoons unsalted butter.
- 2 teaspoons all purpose flour.
- 1 1/2 tablespoons whole grain mustard.
- 1/2 teaspoons garlic powder.
- Kosher salt and freshly ground pepper, to taste.
- Taste and adjust seasoning, if necessary.

Directions

1. Preheat oven to 190°C.
2. Season chicken breasts generously with salt and pepper and place in a large baking dish.
3. Cover with aluminum foil, place in oven and bake for 20 minutes.
4. In a large saucepan, melt butter over medium heat and whisk in flour.
5. Cook for 2 minutes, stirring constantly, or until smooth, paste like, and golden in colour.
6. Remove pan from heat and gradually whisk in whole milk until smooth.
7. Return to heat and bring to a boil.
8. Reduce heat to low and let sauce simmer for 5 to 7 minutes, or until thickened.
9. Stir in cheeses, mustard and garlic powder, and season with salt and pepper.
10. Remove chicken from oven and evenly pour sauce over the top.
11. Return to oven and bake for another 25 to 30 minutes, or until chicken is cooked all the way through, but still tender.
12. Remove from oven, serve hot and enjoy!