



Follow the link in your weekly email to go directly to your menu

Home. > **My selected meals** Help?

My account > **Just follow steps 1 2 3 below - REMEMBER you must action step 3**

My mealtime options > **'Save your selections...' otherwise your selected recipes will not be saved.**

My shopping items >

**1 Check your mealtime option**

Your recipes are selected using your mealtime option named **Debbie Meal**

Meals:	7	Include larger recipes:	yes
Portions:	4	Use cheats:	home-made
Budget:	low, medium, high	Time available:	60 minutes
Ability:	slightly adventurous, straightforward	Vegetarian recipes:	no preference

Dislikes:

Food groups: You specified 7 poultry.

**Edit this mealtime option**

**2 Modify, reject, view and print recipes**

To reject a recipe check the box and select **Reject**. Click a recipe name to view and modify it.

<input type="checkbox"/> <b>Cheats chicken chasseur</b> with white rice and fresh broccoli	<input type="checkbox"/> <b>Low fat tortillas</b> with Green salad
<input type="checkbox"/> <b>Chicken with bean and bacon salad</b> with french bread	<input type="checkbox"/> <b>Marmalade glazed breast of duck</b> with fresh sugar snap peas and Midweek mash
<input type="checkbox"/> <b>Parmesan chicken</b> with granary bread and Tomato and onion salad	<input type="checkbox"/> <b>Chicken chow mein</b>
<input type="checkbox"/> <b>Garden chicken</b> with french bread	

**Read more >** **Reject** **Print recipes** **Undo rejections**

**3 Save your selections and generate your shopping list**

When you generate your shopping list, your current selection of recipes is saved. This enables us to ensure that we do not offer you the same recipes until you have tried all the rest!

**Generate shopping list**

From *My Selected Meals* you can:

**View recipes**

To see nutritional information as well as cooking instructions. Just click on the recipe

**Amend recipes**

When viewing you can customise the recipe by adding or amending the suggested accompaniments

**Reject recipes**

If you fancy something else simply check the box and click reject. Another compatible meal will be generated for you instead

**My selected recipe options** Help?

**Cheats chicken chasseur**

Description: Dish dish in double quick time!

Food Groups: poultry, meat	Price band: low
Useful information: low fat	Preparation time: 5
Cooking ability: straightforward	Hands-off time: 0
Recipe makes: 4 portion(s)	Cooking time: 20

Utensils:

**Instructions**

- Heat a saucepan and dry fry the bacon until it starts to brown (approx 2 mins).
- Add in the chicken and fry until it has changed colour (approx 3-4 mins).
- Increase the heat and add the mushrooms and garlic to the pan and cook for a further few mins.
- Stir in the flour and cook until a paste forms - then add in the tomatoes.
- Cumole in the stock cube, stir again and let everything bubble away for 10 mins.
- Add a splash of Worcestershire sauce, stir through the parsley and serve with our suggested accompaniment.

**Ingredients**

Amount	Name	Optional
400 g	tinny chopped tomato	<input type="checkbox"/>
1 tsp	plain flour	<input checked="" type="checkbox"/>

**Suggested Accompaniments**

Breads:

Grains, potatoes and noodles:

Salads:

Vegetables 1:

Vegetables 2:

Vegetables 3:

**Save changes** **Print recipe** **Back**

When you're ready print your recipes

**Print recipes**

and generate your shopping list

**Generate shopping list**

