

Vegetable Mix with Chicken and Natural Broccoli (cholesterol reduced)

Ingredients:

Zucchini

¼ unit

Onion

½ unit

Red pepper

¼ unit

Green pepper

¼ unit

Eggplant

¼ unit

Scallion

½ unit

Leek

½ unit

Boneless chicken

200 gr.

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

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Broccoli

1 unit

Salt and pepper

to taste

Procedure:

Peel the eggplant, the zucchini, the onion, wash the peppers and remove seeds and veins.
Dice the onion, the eggplant, the zucchini and the peppers in ½ cm. cubes. Rinse well and cut the scallion and the leek in thin slices. Dice the chicken in 1,5 cm .cubes.
Mix all the ingredients, add salt and pepper, provenzal and place the mixture in one of the MultiCocción cavities up to ¾ of the height from the bottom.
Place the broccoli without stems in the other cavity of the MultiCocción, adding salt and pepper..
Put the lid of the MultiCocción on and microwave for 4 ½ minutes on high.





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