



Steamed boneless breasts with pumpkin Suitable for celiacs

Ingredients:

Chicken breasts

2 u (200 gr.)

Pumpkin

½ u.

Oil

to taste

Parsley

to taste

Salt and pepper

to taste

Preparation

Pour water in the steamer’s base up to ½ centimeter high.
Place the steamer rack.
Put the boneless breasts over the steamer rack and season them on both sides with salt and pepper.
Cut the pumpkin into 2-cm. cubes and put them on the rack.
Close the steamer and microwave for 6 minutes on high. Let it rest for 3 minutes before opening the lid.

Take it out and spill the oil and the chopped parsley over the pumpkin.

Use gluten free ingredients.

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