

## UNBELIEVABLE CHICKEN

Eating For Sustained Energy: Gaby Steenkamp & Liesbet Delpont

Serves 4

Ingredients:

- \* 1-2 chicken pieces per person
- \* 60 ml (4 T) low-fat mayonnaise
- \* 60 ml (4 T) chutney, preferably lite
- \* 15 g (1/3 packet) onion soup powder or 15 ml (1 T) onion soup powder and 15 ml (1 T) oat bran
- \* Boiling water

1. Preheat the oven to 220°C.
2. Remove all fat and skin from the chicken, and place in an ovenproof dish.
3. Mix the mayonnaise, chutney and soup powder in a cup or mug. Add enough boiling water to fill the cup or mug, and mix well. Pour over the chicken.
4. Cover the dish and bake the chicken for 30 minutes
5. Remove the lid and bake until browned, turning often. Add water if necessary.

