



Chicken and apple skewers (texture modified diet)

Ingredients (serves 1)

- 100 g chicken breast
- 1 Golden apple
- 1 tsp ground turmeric
- 1 tsp curry powder
- 1 tbsp extra virgin olive oil
- Mashed potato flakes
- Milk (lactose-free in case of intolerance)

Method

1. In a bowl, mix the virgin olive oil, turmeric and curry powders. Set aside some of the oil to plate the final dish.
2. Cut the chicken into squares and add to the bowl. Mix until the chicken is covered in the seasoned oil.
3. Peel the apple and cut into similar squares the same size as the chicken.
4. Cook the apple in the microwave for four minutes with some water. Drain and blend together with a small amount of the mashed potato flakes and some water.
5. In a pan with some olive oil cook the marinated chicken at low heat. Add a dash of water and a tablespoon of potato flakes.
6. Cook until thickened and blend with some milk until getting the desired texture. Season with salt and pepper to taste.
7. Serve alternating the two purées and decorate with the reserved curry oil.

Recommendations

In case of dysphagia, or if a finer texture is required, the two purees should be mixed together to incorporate the curry oil.