



Chicken Julienne

60g Butter or margarine
60g Flour
300ml Hot chicken stock
300ml Milk
350g Cooked chicken, cut into slivers with MINCER
30ml Lemon juice
100g Green beans chopped with BEANFIX, cooked
1ml Dried thyme
Salt and black pepper
15ml Fresh chopped parsley in GRINDER
100g Carrots cooked and cut into slivers
175g Rice, boiled in slated water, drained and kept warm.

Method:

In a saucepan, melt butter, stir in flour, "mellow" one or two minutes. Gradually beat in stock and milk, gently boil until sauce has thickened. Stir in chicken, lemon juice, beans, thyme, seasonings, parsley, and carrots. Serve with the rice.