

HIGH PROTEIN LUNCH

(from the Bewitching Kitchen)

for Dukan-type pancake

1 egg white
2 Tbs non-fat yogurt
2 Tbs oat bran
salt and pepper
pinch of dried thyme

for chicken

chicken breasts, boneless
water to cover
splash of soy sauce
1 Tbs green tea
2 star anise
a few peppercorns
piece of ginger
salt
squeeze of lemon juice

Poach the chicken by bringing all ingredients to a gentle boil in a saucepan, cover the pan, turn the heat off, and allow the meat to sit in the liquid for 25 minutes. Remove from the pan, and keep in the fridge until needed (I usually cook 3 chicken breasts on the weekend, and save for lunches the following week).

Make the pancake by beating the egg white in a small bowl. In another bowl, mix the yogurt with the oat bran, salt, pepper, and thyme. Add the beaten egg white to the yogurt, and mix gently with a silicone spatula. Spray a very light coating of olive oil on a non-stick frying pan, heat the pan over medium heat, and pour the pancake batter on it. Fry the first side until the top seems to be getting dry, then carefully flip the pancake over. Cook the second side for a couple of minutes, and slide the pancake on a plate.

Cut the chicken breast in slices, add to the same pan you cooked the pancake, adding just a little more oil if necessary. Sauté the chicken slices briefly just to warm them up and get some color. A squeeze of lemon juice at the end brightens up the flavor. Serve it with the pancake and a small bowl of non-fat cottage cheese, seasoned with salt and pepper.