



Chicken and spinach soufflé

25'
Hands on

30'
Cook Time

12-14
Portion(s)

1
Difficulty



Ingredients

For béchamel sauce

- 50 g butter
- 50 g all-purpose flour
- 700 g milk
- 1 pinch nutmeg
- salt
- pepper

For the soufflé

- 1 tablespoon(s) olive oil
- 2 spring onions
- salt
- pepper
- 200 g baby spinach
- 500 g chicken, roasted
- 150 g parmesan cheese
- 80 g [sandwich bread](#)
- 1/4 bunch dill
- egg yolks, of 6 eggs
- 1 tablespoon(s) baking powder
- egg whites, of 6 eggs
- 50 g sesame seeds

Method

For the bechamel sauce

- Place a [pot](#) over medium heat.
- Add the butter and let it melt.
- Add the flour and sauté by stirring with a whisk.
- Add the milk in batches by whisking constantly. The bechamel sauce will not thicken a lot. As soon as it starts boiling, remove from the heat.
- Add nutmeg, salt, pepper, and set aside.

For the soufflé

- Preheat the oven to 180° C (350° F) set to fan.
- While you are preparing the bechamel sauce, place a [frying pan](#) over high heat and add the olive oil.
- Finely [chop](#) the spring onions and add them to the pan. Season with salt and pepper, and sauté for 1 minute.
- Add the spinach and sauté for 3-4 minutes until it wilts.
- Add the spinach into the pot with the bechamel sauce and add the chicken cut into small pieces, 100 g of the parmesan, the bread, the dill finely chopped, and mix well with a serving spoon.
- Add the yolks, the baking powder, and mix well. Attention! The mixture's temperature has to drop before adding the baking powder!
- Beat the egg whites until they are a meringue, add it to the pot with the rest of the ingredients and mix softly with a serving spoon.
- Butter an oval 36 cm ovenproof baking pan, sprinkle with sesame seeds, and add the mixture in.
- Sprinkle with 50 g parmesan and bake for 35 minutes.
- Serve hot or at room temperature.

Διατροφικός πίνακας

Nutrition information per portion

290 Calories (kcal)	18.0 Total Fat (g)	8.0 Saturated Fat (g)	9.4 Total Carbs (g)
15%	26%	40%	4%
3.8 Sugars (g)	22.0 Protein (g)	1.3 Fibre (g)	0.82 Sodium (g)
4%	44%	5%	14%