Main dishes / Belgium

Chicken braise with Brussels sprouts and green beans · Belgium

A gentle chicken braise with Brussels sprouts, green beans and a light Belgium-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g green beans
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 350 g Brussels sprouts
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste

Let's make it.

01 Dice the chicken evenly. Clean and chop the vegetables and finely chop the onion.

02 Soften the onion in the oil. Add the chicken and brown all over, using clean utensils.

03 Add the vegetables and stock and bring to a boil. Cover and simmer gently for twenty-five minutes.

04 Check the chicken reaches at least 74°C at the centre and the vegetables are completely tender.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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