Main dishes / Belgium

# Chicken braise with red cabbage and green asparagus · Belgium

A gentle chicken braise with red cabbage, green asparagus 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 asparagus
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 350 g red cabbage
- ☐ 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.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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