Main dishes / England

Chicken braise with carrot and Brussels sprouts · England

A gentle chicken braise with carrot, Brussels sprouts and a light England-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g Brussels sprouts
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 350 g carrot
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried sage
- ☐ 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 English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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