Main dishes / England

egg noodles with chicken breast and carrot · England

A modern England-inspired noodle or pasta dish with carrot and chicken breast.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g egg noodles
- ☐ 500 g carrot
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the egg noodles according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the carrot and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the carrot and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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