Main dishes / Scotland

Chicken braise with parsnip and Brussels sprouts · Scotland

A gentle chicken braise with parsnip, Brussels sprouts and a light Scotland-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g Brussels sprouts
- ☐ 15 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 30 ml neutral cooking oil
- ☐ 350 g parsnip
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g chives
- ☐ 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, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

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