Main dishes / Ireland

chicken breast and green asparagus skillet · Ireland

A savoury Ireland-inspired Studio variation with green asparagus, chicken breast and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 180 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g green asparagus
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

01 Clean the green asparagus and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the green asparagus and cook for a few minutes.

03 Add the stock, cover and simmer for 7 minutes until the vegetables are tender.

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

05 Combine the cooked main ingredient with the vegetables. Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

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