Main dishes / Ireland

# Chicken braise with cauliflower and fennel · Ireland

A gentle chicken braise with cauliflower, fennel and a light Ireland-inspired sauce.

**Time** 45 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g fennel
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 350 g cauliflower
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ 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, fresh parsley, apple cider vinegar 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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