Main dishes / Italy

Chicken braise with broccoli and beetroot · Italy

A gentle chicken braise with broccoli, cooked beetroot and a light Italy-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g cooked beetroot
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil
- ☐ 30 ml neutral cooking oil
- ☐ 350 g broccoli
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried oregano
- ☐ 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 extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

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