Main dishes / Netherlands

chicken breast and courgette skillet · Netherlands

A savoury Netherlands-inspired Studio variation with courgette, 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
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g courgette
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the courgette 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 mild mustard, ground nutmeg, chives 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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