Main dishes / Netherlands

Chicken braise with parsnip and courgette · Netherlands

A gentle chicken braise with parsnip, courgette and a light Netherlands-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g courgette
- ☐ 15 g mild mustard
- ☐ 10 g chives
- ☐ 30 ml neutral cooking oil
- ☐ 350 g parsnip
- ☐ 400 ml low-salt vegetable stock
- ☐ 1 g ground nutmeg
- ☐ 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 mild mustard, ground nutmeg, chives 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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