Main dishes / United States

# chicken breast and parsnip skillet · United States

A savoury United States-inspired Studio variation with parsnip, 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
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g parsnip
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

## Let's make it.

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

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

03 Add the stock, cover and simmer for 15 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 smoked paprika, ground cumin, fresh parsley 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.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-us-01-19-ec10536