

Sovereign™
FULL OF GOODNESS

COOK UP A TASTE OF HOME

with
LEE DURU

RECIPE

CREAMY CHICKEN, LEEK MUSHROOM AND GREEN VEGETABLE CASSEROLE. (BREAST BONE IN) SERVE WITH RICE

COOKING TIME: 1 HR
SERVINGS: 4

EQUIPMENT REQUIREMENTS

- Heavy base pan sauce pan with lid
- Stove
- Tongs
- Spatula
- Basting spoons
- Wooden spoon
- Knives- chef's and serrated
- Measuring cups and spoons
- Colander
- Sieve
- Deep serving ware

INGREDIENTS

- 4 x chicken breasts bone in
- 2 tbs olive oil
- Salt and pepper
- 1 knob butter
- ½ onion sliced
- 2 tbs garlic, crushed
- 250 ml cream
- ½ cup chicken stock
- 100 gr broccoli, prepared
- 100 gr baby marrow, cut into 1 cm thick slices
- 1 x leek cut into 1 cm thick slices
- ½ red pepper, cubed
- 100 gr mushrooms, sliced thick
- Garnish:
 - Parmesan piece on side
 - Fresh Italian parsley sprigs

INSTRUCTIONS

- Cut chicken 1 cm deep incisions.
- Make chicken stock – 1 heaped tsp stock powder, 125 ml water.
- Season chicken with salt and pepper and brown in heavy based sauce pan on medium heat.
- Turn and ensure even browning.
- Remove chicken from pan.
- Add sliced onions with knob of butter (extra olive oil if necessary).
- Sauté onions and butter together.
- Once translucent, add cream and stock.
- Add garlic, salt and pepper and reduce by half.
- Add chicken, bring to boil with lid on for 5 min.
- Add vegetables, cover and simmer for 10 min.
- Remove lid and reduce sauce.
- Add red pepper 5 min before end of cooking.
- Serve
- Rice for serving.
- Side salad for serving.