



GF Friendly

Chicken in Mushroom Sauce

tender fried chicken in a mild creamy sauce

A good dish when time is short – from start to finish, it can be on the table in 45 minutes. The fact that it isn't highly spiced makes it ideal for dinner parties when you aren't too sure about the individual likes and dislikes of your guests. As an alternative to chicken, this recipe also works with veal or pork. In the photo, I served it with cauliflower, peas and a fried potato patty; but rice, noodles, or pasta go well too. Sorry but, considering the cream, it isn't really for weight-watchers.

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| 4 chicken breast fillets | 350g button mushrooms |
| 4 spring onions | 2 tsps minced garlic |
| 1 tsp thyme | 2 Tbsps chopped parsley |
| 150ml chicken stock | 150ml cream |
| 2 tsps Dijon mustard | 1 Tbsp plain flour |
| 1 Tbsp light olive oil | 15g butter |
| salt and black pepper | |



Cut the chicken in pieces about 3cm x 6cm and approximately 2cm thick and season with a little salt and pepper. Heat the oil and butter in a frypan over a moderate burner until sizzling, then begin frying the chicken in batches to avoid steaming. Turn them frequently until golden brown and the juice runs clear when pricked with a fork. Transfer these to a tray lined with baking paper and pop them into a pre-heated oven to keep warm. Continue this way with the rest of the meat.

While the chicken is cooking, slice the spring onions and mushrooms. Once all the meat is in the oven, stir the garlic into the oil remaining in the pan, then add the onions and mushrooms to fry for about 3 minutes to soften. Sprinkle the flour on this and mix while cooking a further minute. Add the stock and gradually bring this mixture to the boil, stirring constantly. When the sauce has thickened, reduce the heat a little and cook another couple of minutes, still stirring.

Turn the heat down to simmer and mix in the mustard, thyme, parsley and cream. Finally, include the pre-cooked chicken, stirring to coat with sauce.

Serves 4 – 6

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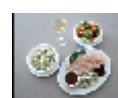
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