

Honey and Mustard Creamy Chicken



Chef Manuel Aquilina

aroma
KITCHEN

INGREDIENTS

4 single chicken breast, skin removed

Salt and pepper to season

1 tbsp Olitalia Olive Oil

1 knob Valio butter

2 cloves garlic, chopped

Few springs fresh thyme

1 small white onion, finely chopped

150ml white wine

2 tbsp Maille Dijon Mustard

1 tbsp honey

1 Knorr chicken pot or chicken cube

2 pots Hanini cooking cream

2 large potatoes



METHOD

- 1 Prepare the potatoes and roast them in the oven for 30-40 minutes. Season the chicken breast on both sides with salt and pepper.
- 2 Heat the butter and oil in a large pan and quickly seal the chicken breasts on both sides for 2 minutes to brown. Remove from the pan, add in the garlic and thyme and cook together for 1 minute.
- 3 Add the onion and soften for 3 minutes. Splash in the wine and evaporate, followed by the honey, mustard, chicken stock/pot cube and the cooking cream.
- 4 Bring to boil, place the seasoned chicken breast back to the pan and simmer gently for 10-15 minutes till the chicken is cooked and the sauce has thickened.
- 5 Serve the creamy chicken with the roasted potatoes and blanched broccoli stems.