



Rich Chicken Chasseur

PREP: 10 MINUTES
COOK: 25 MINUTES
SERVES 1

Recipe provided by
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ENERGY	FAT	SATURATES	SUGAR	SALT
1116kJ 265kcal	3.5g LOW	0.6g LOW	3.1g LOW	0.62g LOW
13%	5%	3%	3%	10%

of your reference intake
Typical values per 100g: Energy 376kJ/89kcal

Ingredients

- 1 x 150g skinless and boneless chicken breast
- 170ml beef stock
- 60g baby button mushrooms, cleaned and cut in half
- 2 baby shallots, peeled and chopped
- 30ml brandy
- ½ tsps dried tarragon
- ½ tsps garlic paste or 1 small clove of garlic peeled and diced
- 1 tsp level tomato puree
- Rapeseed oil spray
- Salt and freshly ground black pepper

Method

1. Heat a small frying pan over a medium heat. Add a couple of sprays of rapeseed oil then add the garlic paste, chopped shallots and mushrooms. Fry for 2-3 minutes then add the chicken breast and cook on each side until starting to brown.
2. Add the brandy to the pan and stir so that all of the contents are coated and then stir in the tomato puree and dried tarragon. Add the beef stock and stir to combine all of the flavours.
3. Reduce the heat to a simmer, and allow to cook for a further 15-20 minutes - if the sauce gets a little too thick, thin down with a little water.
4. Season with a little salt and black pepper.