

Chicken and mushroom casserole with grainy mustard and fresh herbs couscous

Recipe for 2 portions

Description

Tender pieces of chicken thighs and mushrooms cooked in a white wine, cream, mustard and tarragon served with a classic couscous.

Note

What binds everything together is the grainy mustard. Make sure to put it at the very end to thicken the sauce and give it a sort of rich and creamy texture to enhance the flavors.

Ingredients

Chicken & mushrooms pot

- 2 Unit(s) Chicken breast
- 125 Gr Mushroom
- 0.50 Unit(s) Red onion
- 100 Ml White wine
- 100 Ml 35% cooking cream
- 2 Sprig(s) Tarragon
- 8 Ml Grainy mustard

Couscous

- 100 Ml Couscous
- 100 Ml Chicken stock

Dressing

- 1 Unit(s) Chopped shallot
- 5 Ml Capers
- 5 Unit(s) Cherry tomatoes
- 25 Ml Balsamic vinegar
- 2 Sprig(s) Parsley
- 1 Unit(s) Green onion

Preparation

- Preparation time **30 mins**

Prep

Cut the chicken thighs in pieces. Dice the red onion. Finely chop the herbs. Clean the mushrooms with a dry cloth and slice them.

With the chef

Cisel the onion
Chop the tarragon
Cisel the parsley
Slice the green onion

Chicken casserole

In a large pan, heat up a drizzle of vegetable oil and sear the chicken pieces on high heat until they get a nice golden brown coloration. Season with salt and pepper. Add in the onion and sweat for a few minutes while stirring. Add in the mushrooms and cook for 2 minutes. Deglaze with white wine and simmer until it has reduced by half. Add in the cream and mustard and simmer on low heat for 5 minutes to thicken up the sauce. Lastly, add in the tarragon off the heat.

Couscous preparation

Bring chicken broth to a boil. Mix the dry couscous with a drizzle of olive oil and a pinch of salt. Pour the boiling broth on the couscous, mix well and cover. Let sit for 10 minutes. Fluff the couscous with a fork and add in the chives and parsley. Mix well to bring all the flavors together.

In a hot pan with a dash of oil, cook the shallots. Add the capers, cherry tomatoes and deglaze with the balsamic vinegar. let reduce a bit.

Remove from heat and add olive oil (75 ml), mix well with a whisk. Add the fresh herbs just before mixing with the couscous.

Plating

Serve a little bit of couscous in a plate and serve the chicken right on top of it with maximum height. Garnish with green onions.

Bon appétit!