

Chicken thigh stew, wine sauce, charred carrots

Recipe for 4

Description

In the spirit of a blanquette of veal, here is the chicken version. A rich white wine sauce accompanied by roasted carrots.

Ingredients

White wine chicken

- 12 Unit(s) Boneless chicken thigh
- 1 Large White onion
- 3 Tbsp Flour
- 1 Cup(s) Jura white wine
- 2 Tbsp Dijon mustard
- 4 Cup(s) Chicken stock
- 0.25 Cup(s) 35% cooking cream
- 3 Sprig(s) Flat parsley

- Butter
- Salt and pepper
- Olive oil

Roasted carrots

- 6 Unit(s) Garden carrot
- 0.50 Head(s) Garlic
- 2 Sprig(s) Thyme
- 12 Unit(s) Green asparagus
- 2 Unit(s) Yellow pepper
- 0.50 Tray(s) Cherry tomatoes

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **420 F°**

Preparation

Peel and mince the onion. Prepare the chicken stock and keep warm. Pluck the parsley. Peel the carrots and then cut them lengthwise, or twice depending on their size.

Chicken

In a hot pot with oil, sweat the onions without giving them a coloration. Next, add the chicken and make sure to nicely color them. Remove the excess oil or fat.

Sprinkle with the flour making sure you have a nice even coating on all the pieces.

Mix and add the mustard and cook for another minute. Add the Jura white wine and cook for 2 minutes. Add the chicken stock and let simmer for 15-20 minutes.

You can add a bit of cream at this point to make it richer.

Season to taste with salt and pepper.

Roasted carrots

In a mixing bowl, combine all the ingredients and season with salt and pepper. Transfer to a baking sheet and cook in the oven for about 20 minutes. Make sure the carrots still have a slight crunch once done.

Plating

In your lunch box **Lock&Lock Easy Match 750 ml Square Container by Starfrit**, place the chicken stew on top as well as some roasted carrots. Garnish with parsley leaves.

You can re heat easily this in the microwave!

Bon appétit!