

Creamy chicken with forgotten root vegetables: parsnip, sweet potatoes and celery root roasted with garlic butter

Recipe for 4

Description

A creamy chicken preparation accompanied by parsnip, sweet potatoes and celery root, all roasted with sage and garlic butter.

Note

You could roast the vegetables of your choice for this recipe: carrots, Brussel sprouts, potatoes...

Ingredients

Chicken

- 600 Gr Chicken thigh
- 1 Unit(s) Onion
- 15 Ml Maille grain mustard
- 150 Ml White wine
- 250 Ml Cream 35%

- Salt and pepper
- Olive oil

Roasted vegetables

- 1 Unit(s) Sweet potatoes
- 2 Unit(s) Parsnip
- 1 Unit(s) Celeriac
- 50 Gr Butter
- 4 Clove(s) Garlic
- 2 Sprig(s) Sage

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **425 F°**

Preparation

Cut the chicken into nice strips. Finely slice the onion and sage. Finely mince the garlic. Peel, clean and cut all of the roasting vegetables into 2cm cubes.

Cooking the chicken

Season the chicken with salt and pepper. In a large non stick skillet with a bit of vegetable oil, sear the chicken to get a nice golden color. Set aside.

In the same skillet, sweat the onions for 2 minutes and then deglaze with the white wine. Add the chicken back to the skillet and then add the cream and the mustard. Bring to a boil, reduce the heat and cook for another 20 minutes. The sauce should thicken while cooking. Once the sauce is the desired thickness, season to taste with salt and pepper.

Roasted vegetables

Melt the butter in a sauce pot and then add the garlic and sage. Combine all of the vegetables with the butter, season with salt and pepper and then transfer to a baking sheet. Cook for roughly 40 minutes in the oven, making sure to mix halfway through the cooking time.

Plating

In a bowl, place the vegetables as a bed and then top with the chicken.

Bon appétit!