

Quebec smoked chicken wok, crunchy vegetables with candied lemon

Recipe for 4 portions

Description

A recipe for chicken sautéed with smoked paprika accompanied by a mixture of crunchy vegetables with white wine and preserved lemon.

Note

You can use lemon zest to replace the preserved lemon: be sure to take only the yellow part of the citrus fruit.

Ingredients

Chicken

- 600 Gr Chicken breast
- 5 Gr Smoked paprika
- 100 Ml Brown beer
- 50 Ml Maple syrup
- 20 Ml Soy sauce
- 2 Pinch(es) Black peppercorns

- Salt and pepper

Garnish

- 2 Piece(s) Zucchini
- 4 Piece(s) Turnip
- 4 Piece(s) Green onion
- 50 Ml White wine
- 0.50 Piece(s) Preserve lemon
- 0.25 Bunch(es) Coriander
- 2 Pinch(es) Espelette pepper
- 30 Ml Olive oil

- Salt and pepper

Toppings

- 10 Gr Sesame seeds
- 20 Gr Salad mix

- Salt and pepper

Preparation

- Preparation time **25.00 mins**
- Resting time **15.00 mins**

Preperation

Make the marinade with the beer, maple syrup, soy sauce, smoked paprika and pepper. Cut the chicken fillets into aiguillettes and place them in the marinade.

Cut the zucchini and green onions in half lengthwise, then thinly slice them diagonally. Peel and cut the turnips into small wedges.

Strip the cilantro then chop it into a chiffonade.

Cut the preserved lemon in 4 and remove its flesh with a sharp knife, then chop the zest.

Cooking

Sear the marinated chicken pieces in a hot wok with a little olive oil. Remove the chicken to a plate. In the same wok, add the new onions, courgettes and turnips, sweat them for 2 minutes. Deglaze with the white wine and marinade, then reduce to a syrupy consistency to glaze everything. Add the chicken and then the preserved lemon. Adjust seasoning with salt and Espelette pepper.

On the plate

Arrange the chicken with the garnish in a deep plate, finish with the sesame seeds and the micro-shoots.

Bon appétit!