



STUFFED CHICKEN BREAST WITH TARRAGON SAUCE



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Fillings remain moist for longer
- Enhances the natural taste of added ingredients
- Smooth and creamy consistency in seconds



25



easy

INGREDIENTS FOR 4 PORTIONS

4 Chicken breast fillets 125 g each

FOR THE FILLING

65 g QimiQ Classic, unchilled
200 g Chicken breast fillet, minced
1 Egg white(s)
20 g Bean or bamboo shoots
10 g Rocket salad, coarsely chopped
15 g Red pepper(s), diced
20 ml Dry sherry
Salt and pepper
10 ml Olive oil

FOR THE TARRAGON SAUCE

250 g QimiQ Cream Base
200 ml Vegetable stock
10 ml Dry sherry
Salt and pepper
Worcestershire sauce
100 g Tarragon, finely chopped

METHOD

1. Slice a pocket in the chicken breasts, season to taste and put to one side.
2. For the filling: whisk the unchilled QimiQ Classic smooth. Add the chopped chicken and egg white. Add the shoots, rocket leaf, sweet pepper, sherry, salt and pepper and mix well.
3. Stuff the chicken breasts with the filling and use toothpicks to close the opening. Fry in olive oil, cover and continue to cook at medium heat for approx. 20 minutes.
4. For the tarragon sauce heat the vegetable stock, add the sherry and season with salt, pepper and worcestersauce and bring to the boil.
5. Add the QimiQ Cream Base (previously QimiQ Sauce Base) and continue to cook until the required consistency has been achieved. Add the tarragon and blend until fluffy.