



# HERB CHICKEN WITH YOGHURT SAUCE AND COURGETTES FROM RUDOLF AND KARL OBAUER

## QimiQ BENEFITS

- Acid, heat and alcohol stable
- Binds with fluid - no separation of ingredients
- Creamy indulgent taste with less fat



25



medium

## INGREDIENTS FOR 4 PORTIONS

- 2 tbsp** Rosemary, chopped
- 1 tbsp** Mint, chopped
- 1 tbsp** Basil, chopped
- 4** Chicken breast fillet(s) 250 g each
- Olive oil
- Argan oil

## FOR THE YOGHURT SAUCE

- 3 tbsp** Peanut oil
- 0.5** Garlic clove(s), squeezed
- 60 ml** Cream 36 % fat
- 50 g** QimiQ Classic
- 1 tsp** Lemongrass, chopped
- 1 tsp** Ginger root, chopped
- 250 g** Natural yoghurt
- 60 ml** White wine
- shot** White wine vinegar
- 0.5 tsp** Curry powder
- 0.5 tsp** Curcuma, dried
- Salt and pepper

## FOR THE COURGETTES

- 4 small** Courgette(s)
- 2 tbsp** Butter
- Salt
- Cilantro, ground
- Rosemary, chopped (optional)

## METHOD

1. For the chicken, lay the thick end of one fillet on the thin end of the other (to be evenly cooked through). Roll the double fillets in the chopped herbs, place on a sheet of cling film and drizzle with olive oil and argan oil. Wrap tightly in the cling film and cook over steam for approx. 12 minutes, or until the meat core reaches a temperature of 55° C.
2. For the sauce, heat the oil, garlic, cream and QimiQ Classic. Add the remaining ingredients and whisk smooth.
3. For the courgettes, wash and rub with salt (to clean properly) and chop off the ends. Cut lengthwise into thick slices.
4. Place the butter with a little water and pinch of salt in a frying pan and bring to the boil. Add the courgette slices, cover and cook for a few minutes until firm to the bite. Remove from the pan and sprinkle with the herbs.
5. Allow the chicken fillets to rest in the cling film for 15 minutes after cooking, unwrap and cut into finger thick slices. Heat the sauce and blend until frothy. Serve the chicken and courgette on the sauce.