



STRIPS OF CHICKEN IN VEGETABLE SAUCE

QimiQ BENEFITS

- Acid, heat and alcohol stable
- Creamy indulgent taste with less fat
- Problem-free reheating possible



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easy

INGREDIENTS FOR 4 PORTIONS

FOR THE CHICKEN

- 500 g** Chicken breast fillet, cut into strips
- 30 ml** Soya sauce
- 2 tbsp** Corn flour / starch
- 1 tsp** Curry powder
- White pepper
- 3 tbsp** Peanut oil

FOR THE VEGETABLE SAUCE

- 2 tbsp** Sunflower oil
- 1** Onion(s), finely shredded
- 1** Garlic clove(s), finely chopped
- 150 g** Leek, finely sliced
- 100 g** Carrot(s), sliced
- 150 g** Leaf spinach, cut into strips
- 50 ml** Dry white wine
- 250 ml** Clear vegetable stock
- 250 g** QimiQ Cream Base
- 40 ml** Soya sauce
- Salt
- White pepper

METHOD

1. Mix the soya sauce, corn flour, curry powder, salt and pepper together and use to marinate the chopped chicken for approx. 30 minutes.
2. Fry the chicken in the peanut oil. Remove from the pan and keep warm.
3. For the vegetable sauce, heat the oil. Sauté the onion, garlic and vegetables, stirring constantly. Reduce the heat, douse with the white wine and vegetable stock.
4. Cook for a further 5 minutes over low heat until the vegetable is firm to the bite. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved.
5. Add the chicken to the vegetable sauce. Season with soya sauce, salt and pepper.