



STUFFED CHICKEN BREAST WITH TARRAGON SAUCE



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Fillings remain moist for longer
- Problem-free reheating possible
- Enhances the natural taste of added ingredients



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)

2 tbsp Bean or bamboo shoots

1 tbsp Rocket salad, coarsely chopped

1 tbsp Red pepper(s), diced

2 tbsp Dry sherry

Salt and pepper

1 tbsp Olive oil

FOR THE TARRAGON SAUCE

125 g QimiQ Classic, chilled

400 ml Vegetable stock

1 tbsp Dry sherry

Salt and pepper

Worcestershire sauce

1 tbsp Flour

1 bunch(es) 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. 15-20 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. Dust with flour and bring back to the boil. Add the tarragon, finish with the cold QimiQ Classic and whisk until foamy.