



# 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, room temperature  
**200 g** Chicken breast fillet, minced  
**1** Egg white(s)  
**20 g** Bean or bamboo shoots  
**10 g** Arugula [Rocket leaf], coarsely chopped  
**15 g** Red bell pepper(s), diced  
**20 ml** Dry sherry  
Salt and pepper  
**10 ml** Olive oil

### FOR THE TARRAGON SAUCE

**250 g** QimiQ Sauce 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, bell 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 a boil.
5. Add the QimiQ Sauce Base and continue to cook until the required consistency has been achieved. Add the tarragon and blend until fluffy.