



# 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, room temperature

**200 g** Chicken breast fillet, minced

**1** Egg white(s)

**2 tbsp** Bean or bamboo shoots

**1 tbsp** Arugula [Rocket leaf], coarsely chopped

**1 tbsp** Red bell 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** AP 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, 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. Dust with flour and bring back to a boil. Add the tarragon, finish with the cold QimiQ Classic and whisk until foamy.