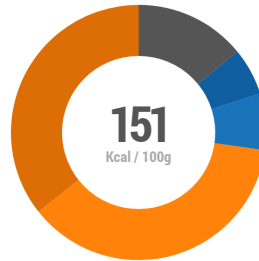
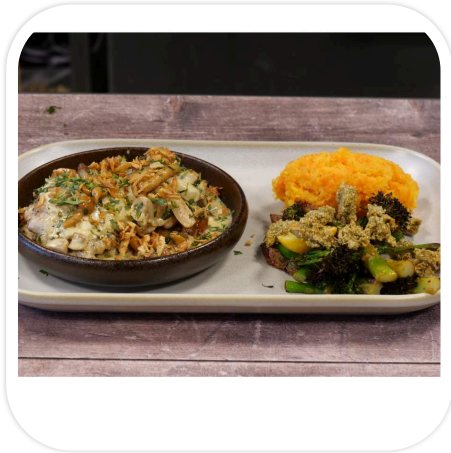


Pot roasted British chicken thighs with tarragon and mushrooms

British chicken thighs pot roasted with tarragon and mushrooms, served with charred asparagus and broccoli with a crispy herb crumb, buttered carrot and swede mash

OVERVIEW ...



CALORIES:

13.2% Carbs

14.1% Protein

72.8% Fat

FOOD LABELLING...

Serves **4**

CONTAINS:



WHEAT



MILK



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

135664 Prime Meats British Chicken Thighs Skin On Boneless.. - BRAK...

135664 CHICKEN THIGH

BRAKES **400g**

0.4 x Each

unchanged

127291 Supernature Oil Black Truffle Cold Pressed Rapeseed Oil..

BLACK TRUFFLE COLD PRESSED RAPESEED OIL

BRAKES **10g**

unchanged

10226 Button Mushrooms..

MUSHROOMS

BRAKES **150g**

unchanged

119656 Marinated & Seasoned Exotic Mushroom Mix (950g drained we...

119656 EXOTIC MUSHROOMS

BRAKES **85g**

0.09 x Each

unchanged

25696 Brakes Dry White Cooking Wine.. - BRAKES

25696 DRY WHITE COOKING WINE

BRAKES **25g**

0 x Each

unchanged

10567 Banana Shallots.. - BRAKES

10567 SHALLOTS

BRAKES **100g**

0.1 x Each

unchanged

70215 Wholesome Farms Fresh Double Cream..

CREAM

BRAKES **250ml**

unchanged

113878 Herb Bunched Tarragon.. - BRAKES 113878 HERB BUNCHED TARRAGON	BRAKES	10g	2 ½ x Average Portion	N/A
114207 Tenderstem Broccoli @.. - BRAKES 114207 BROCCOLI TENDERSTEM @	BRAKES	150g	0.3 x Each	unchanged
89773 Prep Premium Lemon Infused Oil 1 Litre.. - BRAKES 89773 LEMON INFUSED OIL 1 LITRE	BRAKES	10g	0.01 x Each	unchanged
114218 Lemons.. - BRAKES 114218 LEMONS FRESH DIRECT	BRAKES	0.5g	0 x Each	unchanged
28340 Sysco Classic Sage & Onion Stuffing Mix.. - BRAKES 28340 SAGE & ONION STUFFING MIX	BRAKES	30g	0.01 x Each	unchanged
450694 Carrots.. - BRAKES 450694 CARROTS	BRAKES	250g	0.13 x Each	unchanged
10477 Swede.. SWEDE FRESH DIRECT	BRAKES	250g		unchanged
74088 Brakes Unsalted Butter.. - BRAKES 74088 BUTTER	BRAKES	35g	0.14 x Each	unchanged
134544 Kuhne Crispy Fried Onions.. - BRAKES 134544 FRIED ONIONS	BRAKES	10g	0.01 x Each	N/A
450450 Fresh Flat Leaf Parsley.. - BRAKES 450450 FRESH FLAT LEAF PARSLEY	BRAKES	15g	0.02 x Each	N/A
150992 Ardo Asparagus.. - BRAKES 150992 ASPARAGUS	BRAKES	150g	1 ½ x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 483g / 740kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Peel and chop the swede and carrots
- Chop the tarragon
- Roughly chop the parsley
- Chop the shallots

Quarter & wash the button mushrooms

Prepare the stuffing as per instructions and then bake in the oven until dry

Juice half the lemon

Method:

1. Season the thighs with salt and pepper, drizzle of the truffle oil then fry skin side down in a hot pan - remove and set aside.
2. In the same pan fry the shallots, button mushrooms and thyme until lightly golden - deglaze with the white wine then reduce by half.
3. Add in the cream and bring to the boil - add in half the tarragon.
4. Add the chicken back into the pan and place the lid on the pan - transfer to an oven at 180oC for 25 minutes or until cooked through.
5. Meanwhile bring the carrots and swede to a boil in a pan of lightly salted water - once tender drain and mash with the butter, season to taste.
6. Mix the broccoli with the asparagus, season, add the lemon juice and oil and toss together then place into a hot oven at 225oC to char.
7. Remove the chicken from the oven and stir in the remaining chopped tarragon and wild mushrooms - stir well.
8. Bring all the components together on a sharing board.
9. Garnish the chicken with chopped parsley and crispy onions, crumble the crispy stuffing over the broccoli and asparagus - serve!