



JERNEJ KITCHEN

CREAMY CHICKEN WITH ASPARAGUS

Creamy Chicken with Asparagus is a quick and simple one-pan family recipe. The meat is tender and juicy and the sauce incredibly delicious and creamy.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	25	MINUTES

CREAMY CHICKEN WITH ASPARAGUS

450 g (1 pound) boneless and skinless chicken breast

1 tbsp olive oil

220 g (1/2 pound) asparagus

1 clove of garlic

2 tbsp olive oil, for cooking

80 ml (1/4 cup) white wine or white Port

1 tsp dijon mustard

300 ml (1 1/4 cup) chicken broth or water

250 g (1 cup) whipping cream

1 tbsp lemon juice

1 tsp chopped fresh chives

1 tsp chopped fresh tarragon

1 tbsp grated lemon zest

PREPARATION

Cut the chicken breast into strips and place it in a bowl. Season with olive oil, salt, and pepper. Chop off the woody part of the asparagus and cut it into large chunks.

COOK

Place a large skillet with olive oil over high heat. Add the chicken and cook for 4 - 5 minutes, stirring regularly for the meat to become golden brown. Add the asparagus and diced garlic clove. Sauté for 2 minutes. Pour in the white wine and add the dijon mustard. Scrape the bottom of the pan and cook for another 2 minutes for the alcohol to evaporate.

COOK

Add the chicken broth and water to the meat. Simmer for 5 minutes, then pour in the whipping cream. Lower the heat and cook for another 3 - 4 minutes. Remove from the heat, and add the lemon juice, chives, tarragon, and grated lemon zest. Season with salt and pepper to taste and stir to combine.

SERVE

Divide the creamy chicken with asparagus between four plates and serve with your favorite side dish.

TOOLS AND EQUIPEMENT

knife

cutting board

bowl

large skillet