



## 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