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© Slow Cooked Chicken Stroganoff with Kale

Cooking time 35 minutes
Oven temp 140C for 25 minutes
Serves 6 to 8 People

Prep list

6 Free Range chicken breast all fat removed, pat dry
1 tbsp Sweet paprika
1/2 teaspoon ground white pepper
1 tbsp Olive oil + 2 tbsp extra Olive oil
1/2 cup Chopped Italian Parsley
2 Brown onion finely chopped
4 Garlic cloves , crushed + 4 tbsp Tomato paste
250gm Swiss Brown mushrooms, sliced
1/2 cup low salt home made Chicken stock
1/4 cup Worcestershire sauce
1/2 cup Low fat Sour cream
1/2 bunch Kale leaves and stalks, chopped

Method

Pre heat oven to 140C 120C fan forced. Season chicken breast with paprika and white pepper. Rub chicken with olive oil then crumb with chopped parsley. Sear chicken briefly in a dry sauce pan. Transfer to a roasting tray, then slowly bake for 25 minutes or until the chicken reaches 75C to 80 C core temperature. Rest chicken for 10 minutes before plating up.

Stroganoff Sauce

Heat a 32cm sauté pan to medium to low heat. Add extra oil, onion and garlic, sauté for 15 minutes. Add tomato paste, cook out for 3 minutes. Add mushrooms sauté for 5 minutes. Add stock, Worcestershire and cream, reduce by 1/3
Add kale leaves and stalks, cover and cook a further 3 minutes.

Plating up

Serve on a bed of cooked Puy lentils and barley, sliced chicken and stroganoff sauce. Cracked Black pepper over the top