

Chicken In A Mustard Cream Sauce With Sun-Dried Tomato

Apologies for the long-winded name, but for the life of me I couldn't think of anything shorter that would suit.

Anyway, this is a belting little chicken dish that can be on the table in less than 30 mins. Full of flavour and the sun-dried tomatoes add a little sweetness to the dish.



Serves: 3

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 35 minutes

Ingredients

- 3 chicken breast fillets, sliced in half.
- 1 knob of butter.
- 3 tbsps of plain flour.
- 2 garlic cloves, crushed.
- 1 tsp of dried oregano.
- 1 medium onion, finely sliced.
- 1 tsp fresh thyme leaves, plus extra for garnishing.
- 6 sun-dried tomatoes, cut in half.
- 30 ml double cream.
- 500 ml chicken stock.
- 1 tsp of whole-grain mustard.
- Fresh parsley, roughly chopped.

Method

- In a bowl add 2 tbsp of the flour along with the oregano and season. Coat the chicken in the flour mix, shake off any excess flour and place to one side.
- Place a large pan over a medium to high heat and add a good drizzle of olive oil along with the butter. Once the butter has melted and starts to foam add the chicken and cook for 3-5 minutes on each side. You want to get a nice bit of colour on it. Depending on the size of your pan you may have to do this in two batches. Once the chicken is done take out of the pan and place to one side.
- Add a little more oil to the pan, turn down the heat add the onions with the thyme and season then fry for a couple of minutes. Now add the garlic and carry on frying for another minute.
- Next, add the remaining tbsp of flour and cookout for a couple of minutes. You are now ready to add the stock. I like to do this a little at a time over a high heat, mixing all the time to make a nice sauce. Once all the stock has been added turn down to a low light and simmers for 5 minutes.

- Now add the cream, the sun-dried tomatoes, the whole-grain mustard and give it a good mix. Return the chicken to the sauce and simmer for 5-8 minutes or till the sauce has reached a nice consistency and the chicken is cooked through.
- All there is left to do is to check the seasoning, adjust accordingly if need be and scatter with the parsley and leftover thyme. Take to the middle of the table and serve with rice.