

Sautéed chicken with wine and morel mushrooms

Cuisine: English

Food category: Poultry



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Company: Retigo



Program steps

Preheating: 180 °C

1 Hot air 100 % Termination by time 00:30 hh:mm 180 °C + 100 %

Ingredients - number of portions - 4

Name	Value	Unit
plain wheat flour	30	g
chicken legs	8	pcs
olive oil	10	g
morel mushrooms	150	g
garlic cloves, finely chopped	2	pcs
sweet white wine	200	ml
double cream	200	ml
butter soft	100	g
cabbage leaf, cleaned	1	pcs
wild garlic	50	g
dried noodles	400	g
salt	3	g
freshly ground black pepper, ground	1	g

Directions

Season the flour with salt and pepper and then dust the chicken pieces with the seasoned flour. Preheat the oven to 180°C. Heat the oil in a heavy-based ovenproof pan. Fry the chicken pieces skin-side down until golden. Add the mushrooms and garlic. Add the wine and stir to mix with any sediment at the bottom of the pan. Add the stock and simmer for a couple of minutes. Add half of the cream. Place the pan in the oven for 30 minutes. Check that the chicken has cooked through with no traces of pink. Check the consistency of the sauce and add the rest of the cream if desired.

Heat the butter in a lidded frying pan. Add the cabbage and wild garlic with a splash of water. Put a lid on the pan. Cook for 1 minutes until just wilted and season with salt and pepper.

Cook the noodles in a saucepan of boiling water until tender. Drain, add the knob of butter and season with salt and pepper. Place the cabbage, wild garlic and noodles on warmed plates. Ladle the chicken and sauce on the side and serve immediately.

Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	604.3 kJ
Carbohydrate	87.2 g
Fat	25.3 g
Protein	13.2 g
Water	0 g

Recommended accessories



Vision Pan