



Tender chicken fricassee, with colourful vegetables, served on a bed of long-grain rice

Ingredients for the chicken fricassee:

- 4 chicken breasts, cut into bite-sized pieces
- 2 carrots, diced
- 2 celery sticks, diced
- 1 onion, finely chopped
- 200 g mushrooms, sliced
- 3 TBSP butter
- 3 TBSP flour
- 500 ml chicken stock
- 200 ml cream
- 1 bay leaf
- 1 TSP tarragon
- juice of half a lemon
- salt and pepper according to taste

Ingredients for the rice:

- 300 g long-grain rice
- 600 ml water
- salt

Cooking instructions:

1. Rice:

- Cook the rice in a pot with 600 ml water and a pinch of salt.

2. Chicken fricassee:

- In a large pot, melt the butter at medium heat.
- Add the chopped onion, carrots and celery and sauté for a few minutes until soft.
- Add the chicken breasts and sauté.
- Sprinkle the flour over the meat and vegetables and stir well to form a roux.
- Gradually add the chicken stock, stirring until a creamy sauce is formed.
- Add the cream, bay leaf, tarragon and mushrooms. Mix everything well and simmer for about 15-20 minutes until the chicken fricassee thickens.
- Season to taste with lemon juice, salt and pepper.

3. Serving suggestion:

- Put the chicken fricassee on the cooked rice and serve.