



Drunken Chicken (Ozzie style)

*Creamy, sweet and savoury, perfect for cold nights on the run.
Serve with creamy mashed potatoes and parsnips, fresh vegetables or pasta.*

Recipe by Paul Foreman



Serves 6



15 minutes
+ time to cook
vegetables

INGREDIENTS

The Meat

- 6 chicken breasts, cut into strips

The Sauce

- 30g butter
- 12 button mushrooms, sliced
- 40g seeded mustard
- 120ml green ginger wine
- 600ml cream
- Salt and pepper to taste

The Veg

- 1kg mashed potato
- 6 large parsnips, quartered and roasted until soft
- 12 broccolini florets, steamed or grilled
- 2 cups baby peas

DIRECTIONS

1. Sauté the mushrooms and chicken strips in a large frypan with the butter. Cook until almost cooked through.
2. Add the seeded mustard and continue to cook on a low heat until well combined.
3. Add the green ginger wine and cook until the liquid has reduced by half. This is the stage that will bring out all the flavour!
4. Add the cream and simmer until thickened.

This should only take about 10-12 minutes in total, depending on the thickness of the chicken. Check that the chicken is cooked through by testing the firmness of the meat. It should be firm to the touch, but not rubbery.

Serve over the mashed potatoes, top with the roasted parsnips and fresh vegetables to the side. Alternatively, serve the chicken over freshly cooked penne or rigatoni and crusty, fresh garlic bread.

NOTES

If you are concerned about the ginger wine, keep in mind that the alcohol will be cooked off during the cooking process. Alternatively, try pickled or fresh ginger.



Afternoons

with Tracey Strong

on 936AM and the ABC listen app

