



Underberg chicken stew with rice

Ingredients

For 4 servings

- 500 g chicken breast
- 1 onion
- 150 ml vegetable broth
- 400 ml cream
- 1 bunch of parsley
- juice of 1/2 lemon
- 150 g mushrooms
- 2 cl Underberg
- 1 tbsp rapeseed oil
- 320 g rice

- salt, pepper

Preparation

For the sliced chicken, wash and pat dry chicken breast, cut meat into 1 cm wide strips.

Peel onion and chop finely. Clean mushrooms and cut into quarters. Heat canola oil in large deep skillet. Add onions to pan and sauté until translucent. Add chicken and sauté over medium heat for 4-5 minutes. Add mushrooms and sauté 1-2 minutes.

Add cream, broth and Underberg and simmer for about 10 minutes.

Wash and finely chop parsley. Add lemon juice and parsley to the cutlets, stir in and season everything with salt and pepper.

Put rice in a pot with 320 ml lightly salted water. Put the lid on and bring everything to the boil. Then simmer over low heat until the liquid is absorbed (see package).

Serve the Underberg stew with rice.

Preparation time: 25 minutes

Nutritional values per serving: 560.1 kcal / 2337.8 kJ

29.2g carbohydrates

34.8g protein

32.1g fat