



Chicken with creamy Dijon sauce and mashed potatoes

Total time:
50 Minutes

Course:
dinner

Servings:
4

Ingredients:

Mashed potatoes:

450 g potatoes
1 tbsp butter
¼ cup whipping cream
½ tsp salt

Chicken:

1 tbsp butter
½ tbsp olive oil
2 chicken breasts
¼ tsp garlic powder
salt to taste
black pepper to taste

Creamy Dijon sauce:

1 tbsp butter
1 garlic clove, finely chopped
½ tbsp plain flour
¼ cup chicken stock
¼ cup dry white wine
1–1½ tbsp Dijon mustard
¼ tsp salt
⅛ tsp black pepper
½ cup whipping cream

Method:

1.

Cook the potatoes until tender, drain and mash with the butter, cream and salt until smooth. Keep warm. Season the chicken breasts with salt, pepper and garlic powder.

2.

Heat the butter and olive oil in a pan and sear the chicken breasts on both sides until golden brown. Then set them aside.

3.

Add the butter, garlic and flour to the same pan. Gradually pour in the stock and wine, then add the Dijon mustard, pepper and cream. Simmer briefly until the sauce thickens.

4.

Return the chicken to the sauce and finish cooking in the oven at 190 °C for about 15–18 minutes. Serve with mashed potatoes and garnish with parsley to taste.