



## Chicken with vegetables and spinach fricassée

### Ingredients

- 1 chicken breast with skin on – about 300g
- **140g Butter Lemongrass Sauce (Art. 55771)**
- 100g baby spinach leaves
- 3-4 baby carrots
- 3 mini zucchinis
- 1 tbsp. spring onions finely chopped
- Some lemon juice
- Some lemon zest
- Some lime zest

### For the dill oil

- ½ bunch of dill
- 100ml virgin olive oil

### For the marinate

- **8g Poultry Marinade Dry (Art. 51001)**
- 15ml water
- 15ml olive oil

### Cooking instructions

1. In a bowl, mix the marinade ingredients and marinate the chicken for 2 hours.
2. Cook the chicken in sous vide at 68oC, for 90’.
3. In a frying pan, heat a little olive oil and sauté the chicken on high heat until it gets golden, and the skin becomes crispy. Remove the chicken and set aside.
4. Lower the heat, sauté the onion, add the spinach and cook it until is wilted.
5. Season with salt and pepper, add a little lemon juice and remove to a plate.
6. In the same pan pour the Butter Lemongrass Sauce, add the blanched carrots and the zucchini, bring to a boil remove and add the lime and lemon zest.

### For the dill oil

Blanch the dill and put it in water with ice. After having it dried, blend it in a thermomix with the olive oil on high speed. Strain through a fine sieve (or chinois etamine).

Serve the spinach on a plate and place the chicken (whole or cut) on top. Add the mini vegetables around the plate and drizzle with the Lemongrass Butter Sauce. Flavour with some dill oil.

