



Roast apple cider chicken with estragon

15'

Hands on

40'

Cook Time

2

Portion(s)

1

Difficulty



Ingredients

- 500 ml apple cider
- 4 chicken thighs, boneless, skinless
- 2 teaspoons all spice
- salt
- pepper
- 40 g butter
- 2 red apples
- 250 g white mushrooms
- 2 teaspoons dry estragon
- 50 g heavy cream

To serve

- baby potatoes

Method

- Place a saucepan over medium heat.
- Add the apple cider and boil until it reduces to half its initial volume.
- Chop each of the chicken thighs into 3 pieces.
- In a bowl, combine the all spice, salt and pepper.
- Cut the apples in half and remove the peel and seeds. Cut each half into ½ cm slices.
- Quarter the mushrooms.
- Place a large, deep pan that has a lid over heat.
- Add half of the butter and let it melt.
- Add the apples and mushrooms. Sauté until golden.
- When ready, remove from pan and keep warm.
- Add the remaining butter to the same pan.
- Let it melt, add the pieces of chicken and sauté until golden.
- Add the apple cider and bring to a boil.
- Lower heat, cover pan and let it simmer for 20-25 minutes, until the chicken is done.
- Add the apples, mushrooms, estragon, heavy cream, salt and pepper.
- Cook for another 5 minutes, until the sauce thickens.
- Serve with baby potatoes.

Διατροφικός πίνακας

Nutrition information per portion

328 Calories (kcal)	16.6 Total Fat (g)	6.9 Saturated Fat (g)	15.8 Total Carbs (g)
16%	24%	35%	6%
15.7 Sugars (g)	25.3 Protein (g)	1.5 Fibre (g)	1.5 Sodium (g)
17%	51%	6%	25%