

to healthier, happier you

Get ready to a quick and delicious
delight with my 20 min Creamy Dijon Chicken!

Packed with hearty creamy goodness in no time, and the best part?

It's perfect for your meal prep!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw chicken or turkey breast / thigh
1/2 onion
2 garlic cloves
2 French onions (optional)
1 tsp of olive oil
laurel qb
2 tsp of onion powder
2 tsp of paprika
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
2 tsp of Dijon Mustard
1 cup of vegetable or chicken broth
1/2 cup of light cream
1/2 cup of milk of your choice
parsley to garnish

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Add olive oil in a skillet or pot over high heat, add the chicken breast, the French onions cut in halves, season it with salt, black pepper, paprika, onion powder, Italian seasoning and laurel and grill until they are fully cooked for about 10-12 minutes, remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, paprika, Italian Seasoning, Dijon Mustard and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the vegetable broth, light cream and milk, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Remove the skillet from the heat and add the chicken, the French Onion, garnish with fresh parsley leaves. Serve the roasted potatoes over the Creamy Dijon Chicken and ENJOY!

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BY NICOLINA