

KINEMA KITCHEN

HAVE FUN. MAKE A MESS. BE WELL.

CHICKEN NOT PIE

Ingredients

- 1/4 cup extra-virgin olive oil
- 2 leeks, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup dry white wine or water
- 1 cup vegetable broth or more water
- 1/2 teaspoon thyme or tarragon, chopped
- 2-6 ounce boneless chicken breasts
- 2 large potatoes, cubed
- 2 carrots sliced
- 1/2 pound sugar snap or snow peas
- 1/2 pound asparagus, cut 1" pieces
- 2 tablespoons lemon juice



Recipe

1. Pour half of the oil into a large skillet over medium heat. When the oil is hot add the leeks, salt and pepper. Stirring occasionally for 5 minutes or until softened. Add the wine or water, broth and thyme or tarragon. Bring to a boil and let simmer for 1 to 2 minutes.
2. Add the chicken and reduce the heat to medium-low, cover and simmer for 5 to 6 minutes or until the meat is barely cooked through. Remove the chicken from the skillet.
3. Add the potatoes and bring to a boil. Reduce heat slightly and cook for 5 minutes or until the potatoes are almost tender. Stir in the carrots and cook for another 2 minutes. At this point the liquid should begin to thicken, if not, raise the heat and cook for another 1-2 minutes while stirring. Add the remaining oil gradually, stirring vigorously as you do.
4. Add the peas and asparagus to the skillet. Cook for 3 minutes, stirring occasionally or until the vegetables are brightly colored and just tender. Chop or slice the chicken and return it to the skillet along with any juices that have accumulated. Add lemon juice and warm through. Add more salt or pepper to taste. Serve in shallow bowls.

Health Benefits

Nutrition- 445 cal, 41g carb, 25 g protein, 16g fat, 7g fiber