

INGREDIENTS

2 cups shredded rotisserie chicken

2 Tbsp unsalted butter

2 Tbsp all-purpose flour

1 cup chicken stock

½ cup milk or cream

1 shallot or small onion, (finely chopped)

3 garlic cloves, (minced)

150g mushrooms, (sliced)

½ tsp salt

¼ tsp black pepper

1 tsp Dijon mustard (optional, but good)

1 Tbsp fresh parsley, chopped (for garnish)

Green beans (blistered)

1 single serve rice packet



Classic Rue-Based Chicken Fricassee



2 servings



30 Minutes

Comforting, creamy, and full of flavour — a classic made quick and easy. Enjoy!



INSTRUCTIONS

- 1) In a large pan, melt 1 Tbsp butter over medium heat.
- 2) Add mushrooms and cook until golden (about 5 minutes). Remove and set aside.
- 3) Add remaining butter to the pan. Sauté shallot for 3 minutes, then garlic for 30 seconds.
- 4) Sprinkle flour over the shallot mixture. Stir constantly for 1–2 minutes until the flour is lightly golden (this cooks out the raw taste).
- 5) Slowly whisk in chicken stock, then milk (or cream), until smooth. Simmer for 3–4 minutes until thickened.
- 6) Stir in shredded chicken, mushrooms, salt, pepper, and Dijon mustard (if using). Simmer gently for 5 minutes until heated through.
- 7) Garnish with parsley and green beans. Serve over rice.

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