

CHICKEN CHASSEUR WITH CAULIFLOWER MASH

Ingredients

Serves 2

- 6 x chestnut mushrooms
- 1/2 vegetable stock cube
- 1 bay leaf
- 1/2 cauliflower
- 1 shallot
- 1 teaspoon oil
- 2 garlic cloves
- 2 tbsp tomato puree
- 2 tsp dried tarragon
- 2 x 150g free-range chicken thighs or breasts
- 400g chopped tomatoes
- Large handful of flat-leaf parsley



Method:

1. Boil a kettle. Dissolve the half vegetable stock cube in 100ml boiling water.
2. Finely chop the garlic, thinly slice the shallot and finely slice the mushrooms. Chop the cauliflower into small pieces.
3. Heat 1 tbsp oil in a medium-sized pan on a medium heat and cook the shallot and garlic for 2 mins, then add the chicken for 3 mins each side until turning golden brown. Then add the mushrooms for 2 mins.
4. Place the cauliflower in a saucepan and cover with boiling water. Simmer for 15 mins until softened.
5. Meanwhile, to the chicken pan add the chopped tomatoes, vegetable stock, dried tarragon, tomato puree and bay leaf and simmer with the lid on for 10 mins, stirring occasionally. Then remove the lid and simmer for 5 mins to reduce the sauce, until the chicken is cooked through.
6. Roughly chop the parsley leaves. Drain and mash the cauliflower with a potato masher. Stir in the parsley and season to taste. Remove the bay leaf from the chicken chasseur and discard.
7. Spoon the chicken chasseur onto two warm plates alongside the cauliflower mash.