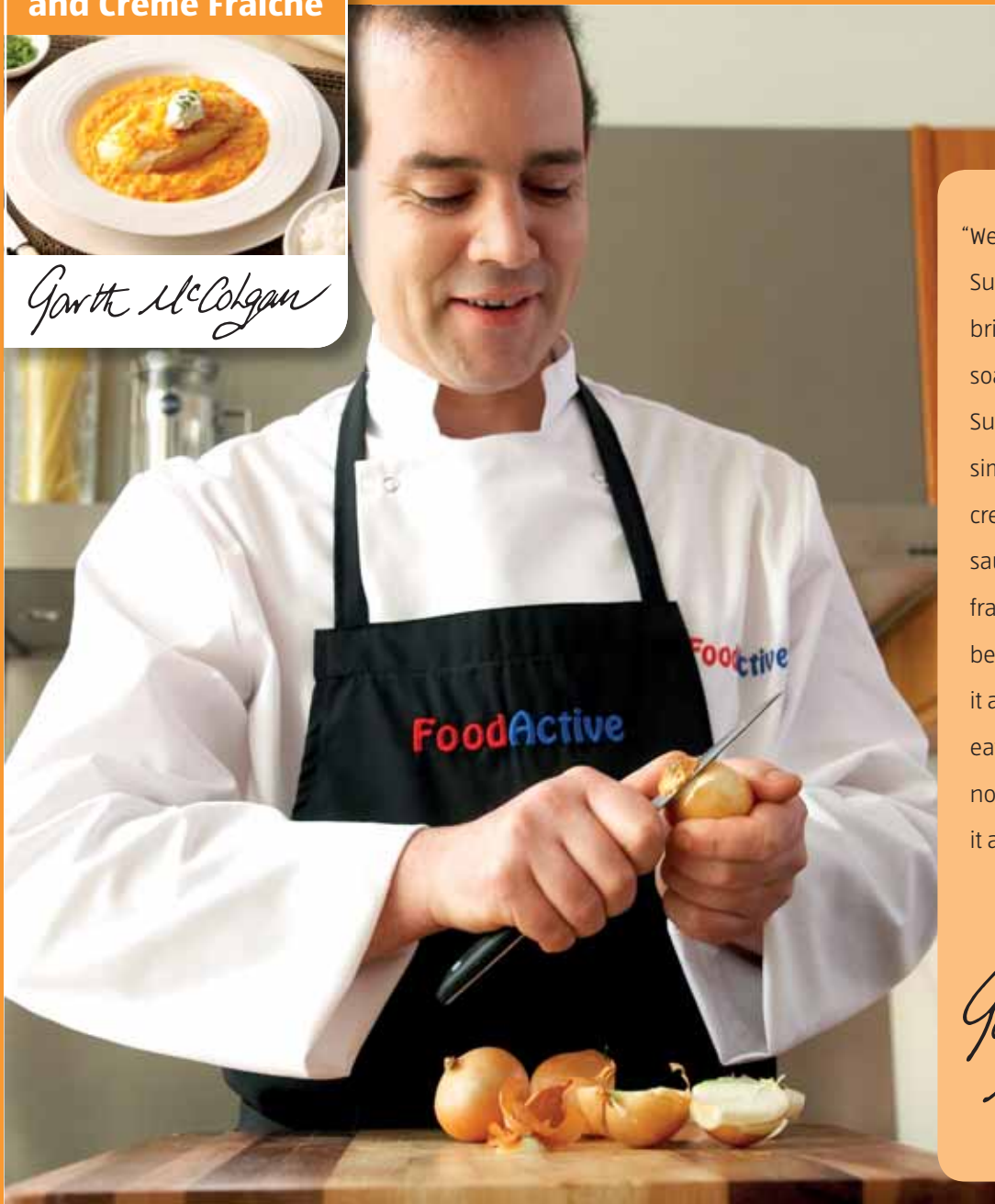


**Poached Chicken
with Red Pepper
and Crème Fraiche**



Garth McCollgan

“Steeped in Summer colour”



“We’re well and truly into Summer now, so here’s a bright and cheerful dish soaked in sunny colours. Succulent chicken pieces simmered gently in a creamy, fresh pepper sauce, topped with crème fraiche and served on a bed of fluffy basmati rice – it almost looks too good to eat. But I bet neither you nor your family will leave it alone for long!”

*Garth
McCollgan*

Sunshine on a plate

Tender chicken, poached in a piquant pepper sauce, with crème fraiche

Garth McColgan

Poached Chicken with Red Pepper and Crème Fraiche

(Serves 4-6)

Ingredients

- 5 Red and Yellow Peppers, diced
- 3 Onions, roughly chopped
- 100g Butter
- 1 Chicken Stock Cube
- 4 or 6 Chicken Breasts
- 1 tub Crème Fraiche
- Basmati Rice – enough to serve 4-6

Method

1. Gently sauté the peppers and onions in the butter over a low to medium heat (covered) for 15-20 minutes until soft.
2. Add the stock cube and blend the mixture, using a hand (or jug) blender (be careful – it's hot!).
3. Pop the chicken breasts into the liquidised vegetables and poach gently for 15-20 minutes, depending on how big the pieces are.
4. Spoon the crème fraiche over the chicken.
5. Serve with steamed basmati rice, or long grain rice.

Garth's top tip

Mix chives through the crème fraiche for extra flavour.

Perfect with...

Mâcon Villages Chardonnay

Classic white burgundy, flinty and refreshing with apples and honey. Serve with chicken.

€7.69
EACH
€7.69 per 75cl

**Great
value**



Poached Chicken with Red Pepper and Crème Fraiche



Garth McColgan

“A super, sunny dish that’s light on your pocket!”



If you’re looking to having a crack at my poached chicken and blended pepper sauce, make sure you look in at Aldi first. You’ll find all the fresh, bright items you need – for a price that will come as a ray of sunshine!



Irish Extra Large Chicken Breast Fillets

€7.59
PER PACK

890g, €8.53 per kg



Basmati Rice

€1.85
EACH

1kg, €1.85 per kg



Large Onions

99c PER PACK

3 pack, 33c each



Red and Yellow Peppers

59c PER PACK

3 pack, 19.6c each



Chicken Stock Cubes

89c PER PACK

120g, €7.42 per kg



Pure Irish Butter

€1.79
PER PACK

454g, €3.94 per kg



Crème Fraiche

75c EACH

150g, €5.00 per kg