

Recipe of the Week

Chicken with Vegetables Tagliatelle & Soup - 3-in-1 meal

Ingredients

1 onion
1 garlic clove
20g olive oil
400g mixed veggies (broccoli, 1 leek, red pepper, 2 tomatoes, and 2 potatoes)
350g baby marrows
3 carrots
400g Chicken breasts (whole) Or 4 Large Steak Mushrooms
700g water
1tbsp veggie stock
1tsp salt (depending on salt level of stock / homemade don't use salt)
50g fresh cream
2 tbsp mustard

Method

- Place onion and garlic in the Tm bowl and chop for 5 sec/ speed 5
- Add olive oil and sauté for 2 min / 100C / speed 1
- Add 700g water in Tm bowl and the veggie stock(if needed the Salt to)
- Place the steaming basket with mixed veggies into the Tm bowl
- Place thinly sliced (use a potato peeler) baby marrows and carrots into to bottom Varoma receptacle.
- Place chicken breasts on the varoma tray
- Cook for 25 min / Varoma Temp/ 25 min / speed 4
- Take varoma off and set aside
- Place the veggies from the steaming basket into the Tm bowl and blend for 20 sec /speed 10, turning the dial slowly up to speed 10.
- Pour into serving bowl, leave enough liquid to cover the blade of the Tm.
- Add cream and mustard and blend for 20 sec /speed 3
- Plate the chicken and vegetables tagliatelle and pour the sauce over the chicken

Tips

You can sprinkle salt and pepper on the chicken breasts before steaming them. (To your personal taste)



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