

CREAMY *Champagne* CHICKEN



The Ingredients

- 1 tablespoon olive oil
- 2 skinless and boneless chicken breast filets, halved horizontally to make four filets
- 2 cups sliced mushrooms
- 2 teaspoons butter
- 1 cups diced red onion
- 1/2 cup champagne (or sparkling white wine)
- 2/3 cup heavy cream
- 1/2 cup Fresh chopped parsley , to garnish
- Salt and pepper to taste



Serves 4

The Method

Heat the olive oil in a skillet of pan over medium heat. Season each chicken filet with salt and pepper. Sear chicken on both sides, for about 3-5 minutes each side until golden all over. Transfer chicken to a plate. Add butter to the skillet and sauté the mushrooms 3-5 minutes, or until just beginning to soften. Add the red onion into the pan and cook for 4 minutes, while occasionally stirring. Pour in the champagne; stir well, while scraping any food bits from the bottom of the pan for added flavor. Season with salt and pepper and simmer for about 10 minutes. Add cream and simmer for 2-3 minutes. Add the chicken into the sauce along with any cooking juices. Coat in the creamy sauce. Sprinkle with parsley and serve!