

Chicken glazed with honey, fennel and celery salad with remoulade dressing

Recette pour 4 personnes



Description

A nice hot and cold dish, perfect for the lunch time.

L'idée déco

Go for a little spice, put some chili sauce or soy sauce, in the marinade.

Ingrédients

For the chicken breasts

- 4 Unit(s) Chicken breast
- 30 Ml Dijon mustard
- 15 Ml Honey

- Vegetable oil
- Salt and pepper

For the salad

- 2 Unit(s) Fennel
- 3 Sprig(s) Celery
- 4 Sprig(s) Parsley
- 2 Unit(s) Garlic
- 1 Unit(s) Lemon
- 30 Ml Cream 35%
- 1 Unit(s) Egg
- 15 Ml Dijon mustard
- 60 Ml Vegetable oil
- 15 Ml Fenel leaves

- Vegetable oil

- Salt and pepper

Préparations

Temps de préparation **30 mins**

For the preparations

Chop the garlic and the parsley. Minced finely the fennel, the celery and squeeze the lemon to keep only the juice. Mix the honey and the mustard.

For the chicken breasts

In a hot pan with vegetable oil, sear the breasts on each side until you get a nice golden brown coloration. Put it on a baking tray with a parchment paper, brush some honey and mustard mix on the top and cook it in the oven for 15 minutes, put some marinade 2 or 3 times during the cooking time.

For the salad

In a bowl, mix the egg yolk and the mustard and whisk it, adding gently the vegetable oil until you get the mayo. Add the lemon juice, the cream and the garlic. And mix it with the fennel, the celery and the parsley.

For the plating

Slice the chicken breasts, put a nice bunch of salad in the middle of the plate and the chicken around, finish the decoration with the fennel leaves.

Bon appétit!