

Chicken and aniseed-shrimp fricassée, basmati rice with salsa verde.

Recipe for 4 persons

Description

A surf and turf of chicken and shrimps with anis flavor, garnish with basmati rice roll in salsa verde.

Ingredients

For the fricassée

- 2 Unit(s) Chicken breast
- 16 Unit(s) Peeled medium shrimps
- 1 Unit(s) White onion
- 6 Clove(s) Garlic
- 125 Ml White wine
- 4 Unit(s) Italian tomatoes
- 125 Ml Pastis
- 1 Unit(s) Carrot
- 500 Ml Fish stock
- 4 Sprig(s) Tarragon
- 1 Unit(s) Red pepper

- Salt and pepper

For the rice

- 200 Gr Basmati rice
- 2 Unit(s) Green onion
- 6 Sprig(s) Parsley
- 6 Sprig(s) Basil
- 6 Sprig(s) Mint
- 1 Unit(s) Lemon
- 30 Ml Olive oil
- 1 Clove(s) Garlic

- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Dice the chicken in big cubes. Dice the onion, the carrot, the Pepper in small cubes. Mince the green onions. Chope 6 garlic cloves and peel the last one. Dice the tomatoes in big cubes. Pick and chope the herbs. Zest and squeeze the lemon.

For the fricassée

In a hot pan with vegetable ol, sire the chicken until coloration, add the vegetables except the tomatoes and cook it 2 to 3 minutes more. Flambez it with the pastis and add the tomatoes. Pour the fish fumet, let it cook for 4 to 5 minutes, add the shrimps and cook it 3 more minutes, remove from the stove and put the tarragon.

For the rice

In a big pot of salty boiling water cook the rice from 15 to 20 minutes until tender. Put the rest of the herbs, the whole garlic clove, the zest and the juice of the lemon, and smooth it with some olive oil. Strain the rice and mix it with the salsa verde.

For the plating

Put the fricassée in the middle of the plate, the rice in a little bowl on the side and top it with the

green onions.

Bon appétit!