



Andy's Chicken Extravaganza with Garlic Potatoes

Created by Andy Owen

Ingredients: Serves 2

2 Chicken Breasts
1 Red Pepper – sliced and diced
2 Cooking Onions - sliced
2 Medium Flat Mushrooms – chopped
4 Medium Potatoes
Crème Fraiche, Chicken Stock
Butter, Olive Oil, Vegetable Oil

Wash potatoes and chop into thumb-size chunks. Microwave on full for 6 minutes, mixing the bowl once. You want them to half cook, not crisp up.

Combine butter and olive oil and fry Chicken breasts until completely cooked and browned. Set aside.

Clean out pan and drizzle with olive oil. Cook onions for a minute or two, then add the red peppers. Season well. After a further 2 minutes, add the mushrooms.

Melt some garlic butter and oil in a second frying pan and add the potatoes on a medium heat. Start them gently and fry until they are golden brown. Keep your eye on the timings of the other pan. They need to be finished together.

Warm a serving bowl and plates in the oven or microwave.

Prepare $\frac{3}{4}$ pint of good chicken stock and add to the pan with the veg. Let it bubble and reduce. After $\frac{7}{8}$ minutes, slice the chicken into strips and add to the pan.

Let the ingredients in the pan take all the stock. Be patient.

When you feel you are about $\frac{2}{3}$ minutes away, add $\frac{2}{3}$ spoons of crème fraiche and a bit more pepper - and mix with all the pan ingredients.

Give it a minute or two to fully integrate, then serve straight away, with the bowl of potatoes topped with extra garlic butter and parsley.

Orgasmic!

P.S. You could also try the above with some sprinkled dried chilli flakes added with the stock, if you would like it to have a bit more of a 'belt'.