



Rosemary chicken and potatoes (modified texture)

Ingredients (serves 2)

250 g chicken breast

180 g potato

1 sprig of rosemary

130 g water

2 teaspoons extra virgin olive oil

Salt (omit in case of high blood pressure or liquid retention)

Black pepper

Method

1. Cut chicken breast into small pieces, salt and pepper and sauté until golden brown in a frying pan with olive oil.
2. Meanwhile, cook the diced potato in a saucepan with water with the rosemary and salt. Set aside.
3. When the chicken is thoroughly cooked, remove from pan and use an immersion blender to purée with 50 g cooked potato and 120 ml of the potato-cooking water.
4. Blend the rest of the potato and 10 g cooking water with a tablespoon of olive oil and salt and pepper to taste.
5. Serve the two mixtures separately and drizzle with olive oil.

Recommendations

It is important to stir the olive oil into both purées before eating to avoid two different textures. Ground rosemary can be added to the potato purée and thoroughly mixed. Pass the mixture through a sieve if it is not sufficiently smooth and homogenous.