

Chicken blanquette



Ingredients (serves 4)

- 4 boneless, skinless chicken thighs
- 200 ml chicken broth
- 1 carrot
- 1 small potato
- 50 ml skimmed milk (lactose free in case of intolerance)
- 1 egg white
- 30 g skimmed milk powder (lactose free in case of intolerance)
- 3 tbsp corn starch
- Salt (restrict in case of hypertension and/or fluid retention)

Method

1. Cut the thighs into small pieces. Season with salt.
2. In a bowl, mix the thighs with the cornstarch and egg white until well combined. Set aside in the fridge for at least an hour to marinate.
3. Peel the potato and carrot and cut them into small pieces. Set aside.
4. Pour the broth, milk, potato and carrot in a casserole.
5. Bring to a boil and add the marinated chicken.
6. Cook over low heat for twenty or thirty minutes.
7. Remove from the heat and add the powdered milk. Stir until all the ingredients are well mixed. Add salt to taste.
8. Serve.

Recommendations

You can also serve with a little parsley on top.