



COOKING PASSION SINCE 1877

CIRCO THERM®
80-90 MINUTES

TENDER CHICKEN



SERVES 4 - 6

INGREDIENTS

4 corn fed chicken breasts,
skin on
1 red onion - peeled and
quartered
8 baby leeks - trimmed and
cleaned
6 baby courgettes -
split lengthways
8 plum tomatoes - halved
1 sweet red pepper - sliced
into rings
2 carrots - peeled and
sliced into batons
4 small green pepper -
cut lengthways and deseeded
1 small fennel - sliced
4 garlic cloves - unpeeled
1 tbsp olive oil
Salt and pepper
30 g butter
1 - 2 sprigs of fresh thyme leaves
chopped finely
Salt and pepper

PREPARATION

Lay all the prepared vegetables on a universal tray and sprinkle with the olive oil and seasoning.

Place the chicken breasts on top of the vegetables and bake in the oven on level 3 with CircoTherm® at 180 °C with low moisture added for 15 minutes.

Remove the moisture after 15 minutes and continue to cook for a further 10 minutes.

Using a sieve, remove the stock from the tray and bring it to the boil in a saucepan with the butter and thyme as it thickens. Pour over the chicken and vegetables before serving.