



Total: 50min
Preparation: 20min



0 portion(s)



easy

Ingredients

2 teaspoon Chicken stock concentrate
200 grams water
3 garlic cloves
60 grams Butter
1-2 tablespoon paprika
Salt and pepper to taste
6-8 pieces chicken thigh cutlets bone left inside
120 grams double thickened cream
30 grams Grated Parmesan Cheese
juice of 1 lemon 40g
1 teaspoon Thyme
60 grams fresh baby spinach leaves roughly chopped

Preparation

Mix chicken stock concentrate with water in a small bowl. Set aside.

Chop garlic in the TM bowl 3 sec / speed 7. Scrape sides of the bowl. Add 20g butter into TM bowl and melt 40 sec / 50oC / speed 4. Scrape sides of the bowl again and set aside.

Preheat oven to 200oC. Season both sides of the chicken cutlets with paprika, salt and pepper.

Melt the remaining 40g of butter on a fry pan. Sear chicken on each side and when seared, set aside in an oven proof tray

Once all the chicken has been seared and placed in an oven proof tray, carefully add the cooked butter from the frying pan into the TM bowl. You will hear a sizzling sound as the hot butter makes contact with the chopped garlic and butter melted earlier.

Add liquid stock, thickened cream, Parmesan cheese, lemon juice and thyme to the TM bowl. Cook 3 mins / 100oC / speed 2.

Add spinach to the TM bowl and gently mix through the sauce with your spatula. Cook sauce 10 mins / 80oC / "Counter-clockwise operation" / speed 2 / MC off.

Pour the sauce over the chicken and into the oven proof tray, filling up to three quarters of the way.

Place in the oven to roast for approximately 30 minutes, or until chicken is cooked through. Serve immediately with accompaniments; I used steamed broccoli and cauliflower rice.



Caution:

Please note that the TM5 mixing bowl has a larger capacity than the TM31 (capacity of 2.2 liters instead of 2.0 liters for TM 31). Recipes for the Thermomix TM5 may not be cooked with a Thermomix TM31 for safety reasons without adjusting the quantities. **Risk of scalding by spraying of hot liquids:** Do not exceed the maximum filling quantity and observe the filling level markings of the mixing bowl!

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Please observe the safety instructions in the Thermomix ® instruction manual at all times.

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