

# Blanc de Poulet a la Crème, Riz et Asperges



**Serves 3**   **Prep 35 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

3 chicken breasts  
15 green asparagus  
35g butter  
150g long grain rice  
1tsp olive oil  
salt & pepper

### For the sauce

1/2 lemon, juiced  
1 small bunch of chives, snipped finely  
15g butter  
300ml single cream

1. Wash the asparagus, take off the hard part at the end, as well as the scales. Cook them in boiling, salted water for 10 - 15 mins or steam them. They are cooked when you can easily put the point of a knife in them. Refresh under a cold tap to stop them cooking. Keep them under a warm cloth until ready to serve.
2. Cook the rice according to packet instructions.
3. Season the chicken with salt and pepper on both sides. Heat a tablespoon of oil and 20g of the butter in a frying pan and add the chicken breasts. Cook them on a low heat for 6 minutes each side, put aside, cover and keep warm.
4. Prepare the sauce. Melt the butter in a saucepan and add the lemon juice and the single cream. Season and stir until the mixture thickens and take off the heat. Add the finely snipped chives when ready to serve.
5. Reheat the asparagus by letting them roll about in the butter for 2 minutes. Serve the chicken breasts sliced on a bed of rice with the asparagus and pour over some of the sauce. Serve the rest of sauce in a gravy boat on the side.