

Chicken Supreme with Braised Peas & Lettuce



Serves 2

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

2 chicken supremes
20g unsalted butter
2 tsp plain flour
250 ml chicken stock
2 little gems shredded
100g frozen peas
1 lemon juiced
1/2 small bunch parsley, chopped

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Season the chicken, and put skin-side down in a cold, oven-proof frying pan. Put over a medium-high heat and cook for 8 - 10 mins or until the skin is deep golden and really crisp. Flip and put into the oven for 10 - 15 mins or until the chicken is cooked through. Remove the chicken onto a plate, cover loosely with foil and rest for 15 mins.
2. Put the frying pan over a medium heat on the hob. Add the butter and the flour and cook until browned. Add the stock, a little at a time, stirring constantly. Add the lettuce and the peas and simmer for 2 mins until the lettuce has wilted and the peas have defrosted. Season and stir in the lemon juice and parsley.
3. Spoon into a bowl and top with the chicken, carved in half and any resting juices.