

Poulet à la Moutarde, aux Champignons, Sauce Yaourt



Serves 4 Prep 10 mins

Cooking 15 mins

Easy

Ingredients

300 - 500g chicken breasts
125g yogurt
1 - 2 teaspoons of mustard (whole-grain or French)
1/2 teaspoon thyme
100 g mushrooms
salt pepper
olive oil

1. Cut the chicken into small pieces.
2. Brown them in a frying pan with a little oil. Lightly sprinkle with salt and pepper.
3. Add the yogurt, mustard, thyme and mushrooms.
4. Mix well and simmer for 10 to 15 minutes.
5. Serve hot.
6. **Note:** For a creamier sauce, you can replace the yogurt with crème fraîche.
7. **Accompaniments:** If you have opted for rice to accompany your mustard chicken, choose a tender-cooked variety, such as Thai rice which soaks up liquids well. Other sides are fried potatoes, a creamy mash, tagliatelle, petits pois, green beans or a salad.