

# Bay Leaf - Dinner Parties



## SEARED CHICKEN BREASTS

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### What's Included



**Seared free range chicken breasts with black garlic, truffled creamed potato, brassica tops, Dutch carrots, and jus**

Tuscan kale  
Dutch carrots  
Chicken Jus  
Par-cooked chicken breasts  
Truffled potato puree  
Black garlic butter

### Method

- Bring a pan of water to a gentle simmer
- Remove the chicken breast from the pouch and allow it to come to room temperature
- Place a frypan on medium low heat, lightly oil and salt the skin side of the chicken and add to the frypan. Cook for 5-7 minutes
- Once the skin of the chicken is golden, flip the breast over and add the black garlic butter
- Remove the pan from the heat, tilt the frypan slightly towards you and baste the chicken by spooning the butter back over the skin side of the breast. Remove the breasts from the pan, spoon over a little of the butter and rest for 5 minutes
- Place the pouches of truffled potato, Tuscan kale, Dutch carrots and chicken jus in the simmering water and cook for 3 minutes, until heated through
- Remove pouches from the water and allow to cool slightly for 1 minute
- Plate up with the potato puree on the base, topped with the Tuscan kale, Chicken breast and Dutch carrots
- Finish with the jus

