

Überbackene Hähnchenbrust mit Spinat und Pilzen

921

Typ: Fleisch

Quelle: Mary Berry: Cooks the perfect, S. 102

Bemerkungen: For this quick-to-make, comforting supper dish, chicken breast fillets are baked with spinach and a creamy mushroom sauce and topped with Swiss Gruyère cheese

Vorschlag WG: Schritte 1 und 2 vertauschen, dieselbe Pfanne für alle drei Schritte verwenden.

Schritt 1 (also als zweiten): Den Spinat waschen und in grobe Streifen schneiden; dann entfällt der Schritt des groben Hackens nach dem Zusammenfallen in der Pfanne. Zuerst eine kleingewürfelte Zwiebel andünsten, dann den Spinat bei geschlossenem Deckel zusammenfallen lassen und restliches Wasser verdampfen. Mit Muskatnuss, Salz und Pfeffer würzen. Kann dann so als Bett in die gebutterte Auflauf-Form.

Zutaten 750 g fresh spinach
1/4 tsp freshly grated nutmeg
salt and freshly ground black pepper
725 g chicken breast fillets (mini chicken fillets)
2 tbsp olive oil
25 g butter
200 g button mushrooms, halved or quartered according to size
1 garlic clove, crushed
200mL carton full-fat creme fraiche
75 g Gruyère cheese, grated

Rezept:

1. Pick over the spinach leaves and trim off any thick, coarse stalks. Wash the spinach, place it in a large pan with some water still clinging to the leaves, cover, and cook for 5 minutes or until tender. Drain the spinach thoroughly in a colander, chop it coarsely, and return it to the pan. Add the nutmeg and plenty of salt and pepper, and toss the spinach briefly over a high heat, until dry. Transfer to the baking dish and spread the spinach over the bottom of the dish.
2. Preheat the oven to 220°C (fan 200°C/425°F/Gas 7). Season the chicken fillets with salt and pepper. Heat the oil until hot in a large, non-stick frying pan, add half of the chicken fillets, and fry over a medium—high heat for 2 minutes, turning halfway. (Not much longer than 2 minutes or they will become hard and dry after baking.) Transfer to the baking dish using a slotted spoon, arranging the fillets over the spinach in a single, even layer. Repeat with the remaining chicken.
3. Melt the butter in the frying pan, add the mushrooms, garlic, and some salt and pepper, and fry over a medium—high heat for 5 minutes, stirring frequently. Add the creme fraiche, a few spoonfuls at a time, and stir for 1-2 minutes over a medium heat to make a creamy sauce.
4. Pour the mushroom sauce over the chicken, then shake the dish and -separate the fillets with a fork so that the sauce runs down between them. Sprinkle the cheese evenly over the top. Bake for 30 minutes. Remove from the oven and leave to settle for 5 minutes before serving.