

The mustard in this dish gives the sauce an edge. The sauce simply transforms the chicken breast into a delectable meal.

SERVES 4

HAHNCHENBRUST IN SENF-SALBEI-SOSSE

Chicken Breast *with Creamy Mustard and Sage Sauce*

Cut the chicken into strips, then heat the oil and butter in the pan and sauté the chicken over medium heat until lightly golden.

In a saucepan, heat the stock and the cream. Stir in the Dijon and wholegrain mustard and the sage. Squeeze in the juice, if using.

Serve with fresh green beans and mashed potatoes.

1 lb (500g) chicken breast

1 teaspoon oil

1 teaspoon butter

1 cup (250ml) chicken stock

1 cup (250ml) cream

1 tablespoon Dijon mustard

3 tablespoons wholegrain mustard

1 tablespoon freshly chopped sage

juice of ½ lemon or lime, optional