

## MUSTARD CHICKEN NORMANDE

Serves 6

1 tbs. sunflower oil  
6 small chicken breasts, boneless, skinless  
and sliced into about 3 or even more  
1 large onion, thinly sliced  
1 garlic clove, crushed  
1 dessert apple, peeled, cored and coarsely grated  
1 teaspoon redcurrant jelly  
150ml (1/4 pint) apple juice  
2 tbs. grainy mustard  
400 ml (14 fl oz) half fat crème fraîche  
1 tablespoon cornflour, slaked in a little apple juice  
salt and freshly ground black pepper

*(This can be completed a day ahead and reheated)*

1. Heat the oil in a large frying pan and fry the chicken breasts over a high heat until brown all over. Remove with a slotted spoon and set aside.
2. Add the onion and garlic to the pan and stir over a high heat for a few minutes. Cover and simmer for about 20 minutes until soft.
3. Add the apple, redcurrant jelly, apple juice and mustard to the onion. Stir gently as you bring it to the boil. Spoon over the crème fraîche and slaked cornflour. Continue to stir until the sauce has thickened, then season with salt and pepper.
4. Return the chicken to the pan, cover with a lid and bring to the boil. Simmer for about 15 – 20 minutes or until the chicken is just cooked.
5. Serve sprinkled with chopped parsley.

**AGA TIP:** Bring the chicken and sauce to the boil (steps 1 - 4.), cover and transfer to the simmering oven for about 30 minutes until the chicken is just done.