



WHITE STAR

CHICKEN & MUSHROOM STEW CREAMY MAIZE MEAL

Serves: 4

Preparation time: 15 minutes

Cooking time: 45 minutes

CATEGORY: Mains



Ingredients

Stew:

- 4 chicken breasts
- 50g flour
- Salt & pepper
- 30ml olive oil
- 1 onion, diced
- 3 garlic cloves, sliced
- 5ml thyme leaves, dry or fresh
- 400g button mushrooms, sliced
- 250ml cream
- 15ml lemon juice

Maize Meal:

- 1l water
- Salt & pepper
- 500ml White Star Super Maize Meal
- 200ml cream
- Fresh parsley, chopped

Method

Stew:

1. Prepare your chicken by cutting them into bite-size pieces.
2. Season your flour generously with salt & pepper. Toss the chicken pieces in the flour, dust off excess.
3. Heat 15ml olive oil in a pan over a high heat. Add the chicken and saute until golden all over, then remove from the pan. Add the remaining oil and turn the heat down to low-medium.
4. Add the onion, garlic and thyme, with a pinch of salt and pepper.
5. Cook slowly until soft. Add the mushrooms and continue to cook until they have softened.
6. Return the chicken pieces to the pan with the cream and allow to simmer until the sauce has thickened and the chicken is cooked through.
7. Season with lemon juice, salt and pepper.

Maize Meal:

1. Bring the water to a boil and season with salt & pepper.
2. Slowly pour the maize meal into the boiling water, while whisking continuously until it has all been added and it's smooth. Turn the heat down and allow it to cook slowly for 25-30 minutes.
3. Remove from the heat and stir through the cream. Adjust seasoning.

To serve:

1. Serve the creamy maize meal in 4 bowls. Top with the stew and sprinkle over fresh parsley.