

Chicken with Soft Polenta



This is a fairly simple dish. The combination of chicken with crimini mushroom in a light wine sauce together with the creamy soft polenta is delicious. The polenta being soft and creamy absorbs the sauce from the chicken...therefore is loaded of flavor.

Ingredients:

1 chicken breast, cut in strips.
2 tablespoon all purpose flour
2 cloves of garlic, chopped
 $\frac{1}{2}$ red onion thinly sliced
8 oz crimini mushroom, sliced
Salt and pepper to taste
1 tablespoon butter
2 tablespoon olive oil

$\frac{1}{4}$ cup red wine

$\frac{1}{3}$ cup cornmeal

$1 \frac{2}{3}$ cup chicken broth

Salt and pepper to taste

1 tablespoon butter





Method:

To the chicken breast add salt, pepper and flour. Mix gently so all the chicken strips are slightly cover with flour.

In the meantime boil the chicken broth with cornmeal, salt, pepper and 1 tablespoon of butter. Cook in low heat for approximately 5-8 minutes.

In a pan melt the butter with 1 tablespoon olive oil and stir fry the chicken until golden brown both side. Set aside. In the same pan add 1 tablespoon of olive oil and the garlic, when the garlic turns golden add the onion, until almost soft, then add the mushroom. Cook for another 1 to 2 minutes and add the red wine. Cook for 2 more minutes.

To serve, spoon the soft polenta on the plate by making generous dent in the middle. Spoon the chicken with mushroom on top of the polenta. Serve hot.



Hope you enjoy this dish and have a great day!

Curiosity Corner

Did you know that mushrooms are rich in Vitamin D? Vitamin D has an important role in maintaining the calcium balance in the bones by promoting calcium absorption in the intestine, therefore a potential treatment for osteoporosis.

Thank you for visiting Simple Recipes!