



Baked chicory with chicken in a sage & mustard sauce

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 head endive white
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp wine dry white
- ☐ 4 chicken breast boneless skinless
- ☐ 25 g butter
- ☐ 1 shallots finely chopped
- ☐ 1 garlic clove chopped

- ☐ 1 tbsp flour plain
- ☐ 300 ml milk
- ☐ 150 ml crème fraîche
- ☐ 4 sage chopped
- ☐ 2 tsp dijon mustard
- ☐ 2 tsp dijon mustard
- ☐ 50 g cheshire cheese grated

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat your oven to fan 180C/conventional 200C/gas
- ☐ Trim away the stalk ends of the chicory, discard any limp or tired outer leaves, then cut the vegetable lengthways into quarters.
- ☐ Pour the oil over the bottom of a large shallow baking dish and arrange the sections of chicory, cut-side up, in a single layer.
- ☐ Pour over the wine, stock or water and cover with foil.
- ☐ Bake for 10 minutes while you prepare the rest of the ingredients.
- ☐ Slice the chicken into strips 1cm thick. Season lightly with salt and pepper. Melt the butter in a large frying pan until foaming, add sliced chicken and cook for 4–5 minutes or until the chicken is just turning golden brown. Stir in the shallot and garlic and cook for 1 minute.
- ☐ Remove the dish from the oven and add the chicken mixture to the chicory. Replace the foil and set the dish aside while you make the sauce.
- ☐ Melt the butter for the sauce in the frying pan (no need to wash it) then stir in the flour. Gradually pour in the milk, stirring all the time until the mixture thickens.

- ☐
- Remove from the heat and stir in the crme frache or soured cream and sage with 2 tsp each of both mustards. Taste and add extra mustard plus salt and pepper if you think theyre needed.
- ☐
- Pour the sauce over the chicory and chicken and sprinkle cheese on top.
- ☐
- Bake, uncovered, for a further 25–30 minutes until the sauce is bubbling and the top is golden.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:44.393912916598%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 34.09mg, Kaempferol: 34.09mg, Kaempferol: 34.09mg, Kaempferol: 34.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 453.82kcal (22.69%), Fat: 25.74g (39.6%), Saturated Fat: 12.07g (75.47%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 9.56g (3.48%), Sugar: 6.49g (7.22%), Cholesterol: 129.42mg (43.14%), Sodium: 430.26mg (18.71%), Alcohol: 1.16g (100%), Alcohol %: 0.24% (100%), Protein: 35.23g (70.47%), Vitamin K: 783.36µg (746.06%), Vitamin A: 7889.13IU (157.78%), Folate: 494.44µg (123.61%), Manganese: 1.52mg (76.16%), Vitamin B3: 13.43mg (67.17%), Selenium: 44.06µg (62.94%), Vitamin B6: 1.03mg (51.47%), Vitamin B5: 5.12mg (51.17%), Phosphorus: 511.49mg (51.15%), Potassium: 1694.4mg (48.41%), Fiber: 10.95g (43.79%), Calcium: 403.4mg (40.34%), Vitamin B2: 0.59mg (34.71%), Vitamin C: 24.38mg (29.55%), Vitamin B1: 0.42mg (28.22%), Zinc: 4.21mg (28.05%), Copper: 0.51mg (25.48%), Magnesium: 101.19mg (25.3%), Iron: 3.58mg (19.89%), Vitamin E: 2.55mg (16.98%), Vitamin B12: 0.83µg (13.85%), Vitamin D: 0.96µg (6.43%)