

NUTRITION: Lazza's Kitchen

Chicken Supreme

Lazza is still trying out new recipes
Today - he makes his first ever Chicken Supreme

“Breast of chicken when it is removed raw from one side of the bird in a skinless, boneless piece is called a “supreme”. Each chicken possesses two of them. If the upper part of the wing is left on, the supreme becomes a “cotelette”. The breast of a cooked chicken is not a supreme, but a blanc de poulet, or white meat of chicken.”



1 large knob of butter + olive oil
Chicken Breasts
Bacon Lardons (or roughly chopped bacon)
2 small onions
2/3 garlic cloves
100 ml White Wine
300 ml Double Cream
Black pepper and salt to taste

In a pan first melt the butter with the olive oil (the recipe said lidded frying pan but I just used my large one)

Add the chicken when ready and brown on all sides. Remove from pan.

In to the pan add the chopped onions and garlic and the bacon lardons.

Cook till onions are soft - around 10 minutes

Pour in the wine and let it bubble for a minute or so.

Add the double cream and stir it all together nicely (smells divine).

Return the chicken and cook for another 15/20 minutes (turn chicken once)

Sauce should reduce a bit in consistency.

Once all is cooked through, it is ready to serve.

I did mine with a green salad, but you can do wholegrain rice or pasta.



Even though I am biased, this was once of the tastiest dishes I have made for these packs. It surpassed last week's Chilli Con Carne, which was also totally delicious.

I was stunned. Please give this a go. It's simple and scrumptious.
You need a large pan though.



During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!