Chicken fillet with caramelised hazel nuts and French beans

10 persons



Ingredients

- 500 g Chicken fillet Chico
- 50 g hazel nuts
- 25 g honey
- 300 g spelt
- 500 g peas
- 500 g French beans
- 1 bunch small radishes
- 100 g mascarpone
- ¼ lime
- Mini red sorrel leaves
- Dash of vinegar, vegetable stock
- Vinaigrette: 50 g apricot jam, 5 cl white wine vinegar, 1 dl good olive oil, red ras el hanout

Preparation

Cut the Chicken fillet into thin slices.

Mix the hazel nuts with the honey, lay them onto baking paper and bake at ~ 180°C for ± 10 min.

On the day before, put the spelt to soak in cold water. Cook the spelt ± 20 min. in vegetable stock. Pour this off and allow to cool.

Cook the peas in the “English manner” [boil in salt water until just done] until they are “al dente” and refresh. Place the radishes in a little vinegar for 5 min..

Mix the mascarpone cheese with pepper, salt, juice of ¼ lime and the zest of the lime.

Mix the apricot jam, white wine-vinegar, olive oil, red ras el hanout, pepper and salt. Mix them all together well and season.

Mix the vegetables with the spelt and arrange attractively on the plate. Finish the plate with slices of chicken, mascarpone, pickled radishes, hazel nuts, red sorrel and the vinaigrette.

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