Chicken tournedos with crisp green vegetables

10 persons



Ingrediënten

- 10 pcs Chicken tournedos
- 100 g bran
- 100 g hazel nuts
- 30 g maple syrup
- A few sprigs rosemary
- 15 cl good olive oil
- 1 clove garlic
- 1 bunch green asparagus
- 500 g sugar snap peas
- 500 g peas
- 250 g mini mozzarella balls
- Borage
- Pepper & salt

Bereiding

Place the Chicken tournedos on a baking tray and cook as indicated on the packet.

Coarsely Chop the hazel nuts and mix them with the bran and maple syrup. The place them on baking paper and bake this crunchy coating at 160°C for ± 20 min., stirring occasionally.

Heat the olive oil together with the rosemary and garlic to a temperature of ± 60°C and let it rest for a while. Season the oil with pepper and salt.

Cut off the hard part of the green asparagus and cook the green asparagus until tender. Sauté the sugar snaps and the peas in olive oil, seasoning with pepper and salt, until they are tender.

Add the asparagus and sauté for some time longer.

Arrange the ingredients nicely on a plate and finish with the crunchy crumbs, rosemary oil, mozzarella and the borage.

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