

Cooking School

with the London Chef

Pan Fried White Wine & Sage Chicken Breast with Mushroom Risotto, Roast Carrots & Wilted Spinach

For a true chef mis-en-place experience we suggest having the ingredients out, washed and opened, and the equipment ready to go before you begin.

Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen!

Ingredients

2 skinless boneless chicken breasts
8 sage leaves
1 glass white wine
2 handfuls mixed mushrooms
1 onion
3 cloves garlic
1 stick butter
1 bunch parsley
1 bag fresh spinach
8 small carrots
Risotto rice
1 L minimum good veg or chicken stock
Chunk of parmigiana reggiano
Olive oil
Salt

Cooking Equipment

Knife
Cutting board
Frying pan
Oven-proof frying pan (most are)
Wooden spoon
Medium pot
Tongs
Baking sheet
Oven pre-heated to 400

**Gluten free*