

GRIDDLE PAN-FRIED CHICKEN FILLET CAYENNE

A delicious but quickly prepared dish!

Ingredients:

4	Free Range plump Chicken Breast Fillets
6 oz	Long Grain Rice
8 oz	Fresh Green Beans
1 pint	Chicken Stock
Tub	Crème Fraiche
1 Bottle	Facing Heaven Cayenne Sauce

Pre-preparation:

Marinate the chicken fillets in the Facing Heaven Cayenne Sauce by arranging each fillet on a piece of Clingfilm large enough to wrap the fillet entirely, and coat each fillet, using a pastry brush, with the Cayenne Sauce. Wrap and refrigerate for 4 hours.

Method:

Cook the rice in enough chicken stock to cover. Bring to the boil and steam/ boil in the stock until cooked- replenishing the stock as necessary.

Pre-heat a griddle pan and cook the fillets. When one side has been coloured by the ribs of the griddle pan, turn through 90° to cook a lattice pattern onto the fillet. Repeat on the other side of the fillet.

Top and tail the French beans and steam until tender.

Warm through the crème fraiche and add 3 dessertspoons (or more according to taste) of Facing Heaven Cayenne Sauce and whisk together.

Arrange the cooked rice and French beans on a plate, slice a cooked chicken fillet and arrange on the plate. Dress the fillet with the cayenne Sauce, taking care to dress the rice and green beans lightly as well. Serve with Maldon sea salt, seasoned to individual taste.