



Grilled chicken filets with sauté vegetables



Categoria
Carne



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Intermediate



Com quem?
By yourself



Nº de pessoas
1 pessoa

Ingredientes



50ml of Victor Guedes
Extra Virgin

- 150g of chicken breast fillets
- 10g of onions
- 20g of leeks
- 40g of carrots
- 40g of zucchini
- 40g of mushrooms
- 2 eggs
- Salt, to taste
- Ground pepper, to taste

Modo de preparação

1

Start by preparing the sauté vegetables. Heat the olive oil and, in strong heat so it does not stick to the pan, cook the vegetables sliced in thin stripes.

2

Whisk the eggs and add them to the previous mixture, with salt and pepper to taste, still in strong heat.

3

Then, prepare the chicken, seasoning the fillets with salt and pepper.

4

Grill the fillets and serve them drizzled with smoked sausage flavoured olive oil, for a special touch.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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