


Brussel sprout gratin with potatoes and chicken breast



Brussel sprouts are very nutritious. They contain an abundance of vitamin C, potassium and [fibre](#) as well as secondary plant substances. The latter includes so-called glucosinolates which are found in cruciferous vegetables and may potentially help to prevent cancer through the diet. Here we have a recipe for all fans of Brussel sprouts as well as for anyone who would like to try them again.

This dish is

 rich in protein and can be enjoyed to your heart's content.



Ingredients for 2 persons:

350 g Brussel sprouts

300 g potatoes

360 g chicken breast without bone and skin

60 g carrots
50 g onion
1 spring onion
1 small stick of English celery (40g)
1 clove of garlic



1 pinch of nutmeg
150 ml cream
80ml water
1 pinch of stock powder
Salt, pepper

Alternately, you can use 40 g of truffle butter, white truffle oil, walnut oil or chopped walnuts. It is important for the taste of the dish to only choose one of these ingredients.

Tip: In accordance with the motto “nicely browned but not burned”, you can cover the gratin with baking paper prior to baking so that it doesn’t brown too much.

Preparation (c. 45 minutes; cooking time: 30 minutes):

Wash and peel the potatoes, and chop into 2 cm by 2 cm cubes.

Blanch the potato cubes or bring to the boil in a pan with cold water and salt, simmer for 5 minutes, drain and put to one side.

Cut a little off the stem of the Brussel sprouts, remove the first 2 to 3 leaves and then cut each sprout into half. Blanch the Brussel sprouts in hot, salted water for c. 3 minutes.



Chop the carrots, spring onion and celery into crescent shaped, 2 mm-

thick slices.

Slice the onion and the garlic into small pieces.

Chop the chicken breast into strips which are approximately 6 cm long and 1.5 cm wide, and season with some salt and pepper.

Heat the cream with salt, pepper, some freshly ground nutmeg, and the truffle butter or truffle oil or walnuts and bring briefly to the boil.

Mix all ingredients in a bowl, pour into a casserole dish and then pour over the warm, seasoned cream.



Place in the preheated oven at 180 degrees and bake for approximately 30 minutes.

Bon appetit!
