



CHICKEN BREAST WITH VEGETABLES

For 4 persons

Cooking time: when temperature reaches 95°C

Ingredients :

- 1 Small Celery Rave
 - 2 Potatoes
 - 2 Carrots
 - 1 Onion
 - 2 Garlic Cloves
 - 540ml Diced Tomato (can)
 - 1 Tablespoon Honey
 - Salt And Pepper
 - Provençal Herbs
 - 4 Chicken Breasts
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- Fresh Chopped Parsley

Preparation :

Peel and cut the celery, potatoes, carrots and the onion. Put the vegetables in a 3l *CromoTanium* pot. Add the garlic, diced tomatoes, honey, salt, pepper, and Provençal herbs. Close the lid and put the *CromoTanium pot* and cook on medium temperature. When temperature reaches 40°C, lower heat to low and keep on cooking to temperature reaches 95°C. Serve with parsley.