Chicken filet, curry sauce and rice with the thermomix

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5 min	5 min 21 min	5 min 21 min 26 min	5 min 21 min 26 min 2/10
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5 min 21 min 26 min 2/10 9 13 8

For the meat:
800G of chicken filet For the rice:
800G of water
300G of rice (basmati, for example)
1 chicken broth For the sauce:
4 spoon of heavy cream
1 case of curry powder
1 spoon of flour
1 medium onion
Salt and pepper

<div class="tac">For the meat: </div>
 <span itemprop=

Cook a complete dish of meat and vegetables using the Vorwerk Thermomix TM31 or TM5 and its Varoma with this recipe for Thermomix chicken tenders with curry, served with rice

For the meat:
   Â»
Put the chicken filet on the set of varoma.
For rice:
   Â»
Rinse under cold water the rice.
   Â»
Put the rice in the basket of the Thermomix.
   Â»
Put water and chicken broth in the bowl of the Thermomix.
   Â»
Put the steamer basket into the bowl.
   Â»
Close the bowl and add the varoma.
   Â»
Program 16 minutes temperature varoma on speed 3.
   Â»
At the bell, book rice and meat warm.
   Â»
Remove the water from the bowl.
For the sauce:
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Peel the onion, put it in the bowl of the Thermomix and set 5 seconds on speed 5 to chop it. Scrape the bowl with a spatula.
   Â»
Put heavy cream, curry, salt, pepper and flour in the bowl of the Thermomix and set 5 minutes 70°C to speed 3.
   Â»
Mix 20 seconds on speed 7.
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Add sauce on white meat.

You can plate up your beautiful dish and enjoy this delicious Thermomix chicken recipe. This complete meal is a delight, truly delicious. Yum