

Creamy Chicken and Vegetable White Meat Ragu

A smooth and savory white meat ragu sauce made with tender chicken and blended vegetables. This sauce pairs wonderfully with pasta or creamy polenta for a comforting meal.


30 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 150g boneless, skinless chicken breast
- 1 small carrot, chopped
- 50g celery stalk, chopped
- 1 small onion, chopped
- 1 clove garlic
- 100ml chicken broth
- 50ml heavy cream
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh thyme or rosemary (optional)

Steps

- 1 Heat olive oil in a pan over medium heat. Add chopped onion, carrot, celery, and garlic, sauté until softened (about 5 minutes).
- 2 Add the chicken breast and cook until lightly browned on all sides.
- 3 Pour in the chicken broth and simmer for 10 minutes until the chicken is cooked through and vegetables are tender.
- 4 Remove the chicken and vegetables from the pan and place them into a blender. Blend until smooth.
- 5 Return the blended mixture to the pan, stir in heavy cream, season with salt, pepper, and herbs if using.
- 6 Cook on low heat for 3-5 minutes, stirring occasionally, until the sauce thickens slightly.
- 7 Serve warm over your choice of pasta or polenta.