



## Poached Chicken

1 serving  
30 minutes

### Ingredients

- 80 grams Chicken Breast
- 1/2 tsp Sea Salt
- 1 clove Garlic (smashed)
- 1 Bay Leaf (small)
- 1/2 tsp Black Peppercorns
- 1/2 tsp Ginger (either 1 slice fresh or 1/2 tsp jar)
- 1 cup Chicken Stock

### Nutrition

Amount per serving	
Calories	155
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	4g
Fiber	0g
Sugar	1g
Protein	29g

### Directions

- 1 Place the chicken and aromatics in a saucepan or pot. Cover the chicken with stock and then add some water so that the chicken is submerged completely.
- 2 Bring the chicken pot to the boil, you'll see some white scummy foam collecting on the surface as the water comes to a boil. You can skim this off.
- 3 As soon as the water comes to a boil, reduce the heat to low, cover the pot, and let the chicken simmer. Begin checking the chicken after 8 minutes: it is done when opaque through the middle. Chicken will typically finish cooking in 10 to 14 minutes depending on the thickness of the meat.
- 4 Take chicken out of pot and let drip the excess water off for a moment or place on a paper towel. Serve hot and enjoy.

### Notes

**Health Facts :** Chicken is a good protein source of vitamins B, D, calcium, iron, zinc, and trace amounts of vitamin A and vitamin C. In comparison to most red meat, chicken is lower in saturated fat.