



Ingredients

8 medium Vol au Vents cases,
400g chicken breasts, chopped,
1 tablespoon cooking oil,

100g butter,
2 cloves garlic, chopped,
3 tablespoons plain flour,
¼ cup dry white wine,
1 cup chicken stock,
1 tablespoon mayonnaise,
½ cup cream,
2 tablespoons lemon juice,
300g artichoke hearts, chopped,
2 tablespoons flat-leafed parsley, chopped,
Salt & cracked pepper, to taste,



Method

1. Heat oil in pan. Add chicken and fry until cooked. Set aside and keep warm.
2. Melt butter in pan. Add garlic and sauté until garlic is cooked. Sprinkle flour and cook a few minutes, stirring well. Gradually add stock & white wine, stirring constantly until well combined and smooth. Heat until sauce boils and thickens, then lower heat.
3. Stir in mayonnaise and cream and simmer for 2 minutes.
4. Add lemon juice and artichoke hearts and heat through.
5. Remove from heat, add parsley, salt and cracked pepper.
6. Spoon into vol au vent cases and bake in pre-heated oven at 180°C for 12-15 minutes, or until golden.

Serves 8

