Dinner

Chicken and mushroom bake with crispy potatoes

Tender chicken thighs and mushrooms in a thickened stock sauce, baked until golden under a double layer of new potatoes and finished with parsley. Steamed broccoli is served alongside.



Nut free

105 min	424	40 g	6.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] Low-calorie cooking spray
- [ ] 500 g skinless and boneless chicken thighs, visible fat removed, chopped into chunks
- [ ] 600 g mixed mushrooms, chopped into bite-size pieces
- [ ] 750 g new potatoes, halved, or quartered if large
- [ ] 1 onion, finely sliced
- [ ] 2 garlic cloves, crushed
- [ ] 3 level tbsp cornflour
- [ ] 500 ml reduced salt chicken stock
- [ ] 20 g fresh flat-leaf parsley
- [ ] 200 g broccoli, to serve

Nutrition Facts

Per serving

Calories	**424**
Total fat	13 g
Saturated fat	3.2 g
Sodium	Not listed
Total carbs	40 g
Fiber	7.5 g
Total sugars	6.5 g
Protein	34 g

Method

- [ ] 1 Heat the oven to 200°C/fan 180°C/gas 6. Give a large non-stick frying pan a couple of pumps of the low-calorie cooking spray and set it over a medium-high heat. Once the pan is hot, brown the chunks of skinless and boneless chicken thighs for 2-3 minutes, then transfer them to a large ovenproof pie dish or ceramic baking dish.
- [ ] 2 Cook the mixed mushrooms in the same pan for 5-6 minutes, giving them an occasional stir, until they soften. While that happens, boil the new potatoes for 8 minutes, then drain them and leave to one side. Move the softened mushrooms in with the chicken. Coat the pan with a couple more pumps of low-calorie cooking spray, reduce the heat to medium and cook the finely sliced onion for 5-6 minutes. Stir in the crushed garlic cloves along with a splash of water and cook for 2 minutes more.
- [ ] 3 Whisk the cornflour into a few spoonfuls of the reduced salt chicken stock until no lumps remain, then combine this paste with the rest of the stock and tip it into the pan. Let it come to a simmer and bubble for 1-2 minutes so it thickens. Pour the sauce over the chicken and mushrooms, scatter in the fresh flat-leaf parsley and give everything a good stir.
- [ ] 4 Lay the potatoes across the dish in two layers, letting some settle into the liquid while others sit proud on top. Give everything a final couple of pumps of low-calorie cooking spray and bake for 40-45 minutes, until the potatoes have turned golden brown and the stock beneath is bubbling gently. While it bakes, steam the broccoli for 5-6 minutes. Take the dish out of the oven, let it stand for 5 minutes, then spoon into 4 bowls to serve.

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