Dinner

Creamy Mushroom Chicken Stroganoff

Golden seared chicken thigh simmers with brown onion, sliced cup mushrooms, garlic, stock and a little white wine, finished off the heat with sour cream and baby spinach for a silky sauce. Serve it with steamed broccoli florets on the side.



Nut free

30 min	443	17.3 g	6.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tablespoons olive oil
- [ ] 800 g chicken thigh fillets, excess fat trimmed
- [ ] 1 large brown onion, thinly sliced
- [ ] 1 cup baby spinach, finely chopped
- [ ] 2 garlic cloves, crushed
- [ ] 200 g cup mushrooms, sliced
- [ ] 1 cup chicken stock, reduced salt
- [ ] ¼ cup white wine
- [ ] 180 g reduced fat sour cream or crème fraiche
- [ ] 3 cups broccoli florets, steamed for serving (or other vegetables of your choice)

Nutrition Facts

Per serving

Calories	443
Total fat	17.5 g
Saturated fat	6.9 g
Sodium	450 mg
Total carbs	17.3 g
Fiber	7 g
Total sugars	6.3 g
Protein	46.8 g

Method

- [ ] 1 Trim any excess skin from the chicken thigh fillets and cut the meat into chunks.
- [ ] 2 Heat 1 tablespoon of the olive oil in a large nonstick casserole dish over medium high heat. Add the chicken chunks and cook for several minutes on each side until lightly golden, then transfer them to a plate with any pan juices.
- [ ] 3 Heat the remaining tablespoon of olive oil in the same dish over medium heat. Stir in the sliced brown onion and cook for 4 minutes until softened, add the cup mushrooms and cook for 2 minutes more, then stir in the crushed garlic cloves until fragrant.
- [ ] 4 Pour in the reduced salt chicken stock and the white wine and stir to combine. Return the chicken and any juices to the dish and simmer for about 6-8 minutes, until the chicken is cooked through and the liquid has reduced slightly.
- [ ] 5 Turn off the heat and stir through the finely chopped baby spinach and the reduced fat sour cream or crème fraiche until well combined.
- [ ] 6 Serve hot with the steamed broccoli florets alongside, or your choice of other vegetables.

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