



# Chicken in Rich Mushroom Sauce

## with Roasted Garlic Broccoli and Zucchini

Keto Special

35 Minutes



Chicken Breasts\*  
2 | 4



Broccoli  
227 g | 454 g



Zucchini  
1 | 2



Mushrooms  
113 g | 227 g



Garlic, cloves  
3 | 6



Cream  
113 ml | 237 ml



Chicken Broth Concentrate  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter, salt, pepper, oil

**Cooking utensils** | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **broccoli** into bite-sized pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.

2



## Roast veggies

- Add **broccoli, zucchini, half the garlic** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets with a quarter of the garlic and 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender, 12-14 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

3



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to a unlined baking sheet.
- Roast in the **top** of the oven until **chicken** is cooked through, 10-12 min. **\*\***

4



## Cook mushrooms

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min.

5



## Make sauce

- Reduce heat to medium-low, then add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream, broth concentrate** and ⅓ **cup** (½ **cup**) **water**. Bring to a simmer. Cook, stirring often, until **sauce** thickens slightly, 2-4 min.
- Remove from the heat. Season with **salt** and **pepper**. Cover to keep warm.

6



## Finish and serve

- Thinly slice **chicken**.
- Divide **chicken, broccoli** and **zucchini** between plates.
- Spoon **mushroom sauce** over top.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.