



Chicken in Rich Mushroom Sauce

with Roasted Garlic Broccoli and Zucchini

Keto Special 35 Minutes



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Chicken Breasts



Broccoli, florets



Zucchini



Mushrooms



Garlic, cloves



Cream



Chicken Broth
Concentrate

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Broccoli, florets	227 g	454 g
Zucchini	200 g	400 g
Mushrooms	113 g	227 g
Garlic, cloves	3	6
Cream	113 ml	237 ml
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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

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.



Prep

- 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**.



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.)



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.**



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.



Make sauce

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



Finish and serve

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

Dinner Solved!



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