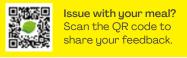


# Chicken in Rich Mushroom Sauce

with Roasted Garlic Broccoli and Zucchini

Keto Special

35 Minutes







**Chicken Breasts** 

Broccoli, florets







Zucchini

Mushrooms







Cream

Garlic, cloves

Chicken Broth Concentrate



# Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredie

#### **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 1/3 **cup** (1/2 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!**