

Chicken in Rich Mushroom Sauce

with Roasted Garlic Broccoli and Zucchini

Keto Special

35 Minutes





2 | 4



227 g | 454 g



Zucchini



113 g | 227 g



Garlic, cloves 3 | 6



113 ml | 237 ml



Chicken Broth Concentrate 1 2

Allengens 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

- 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.



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.)



Roast 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 an 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

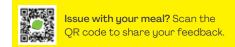
- Reduce heat to medium-low, then add remaining garlic. Cook, stirring often, until fragrant, 30 sec.
- Add cream, broth concentrate and ½ cup (½ cup) water. Bring to a simmer. Cook, stirring often, until sauce thickens slightly, 2-4 min.
- Remove from the heat. Season with salt and pepper, to taste.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



Finish and serve

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

- * 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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil