

CHICKEN MUSHROOMS MARSALA

Time: 30 minutes

Serves: 4

Ingredients:

20g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)
500g boneless skinless chicken thighs
11g salt
500g mushrooms - sliced
100g onions - diced
3 cloves garlic - chopped or grated
1g fresh ground black pepper
100g Marsala wine
20g butter
5g flat-leaf parsley - finely chopped

Preparation:

Place a large frying pan on medium heat.

Unroll the chicken thighs and sprinkle both sides with five grams of the salt.

Cook the chicken until browned on one side, then turn over and brown the other side until cooked through (approximately four minutes per side). Remove the chicken and set aside.

Add the mushrooms, garlic, remaining salt, and pepper to the pan, stirring occasionally for ten minutes.

Stir in the Marsala, cooking for one minute.

Stir in the butter, cooking for two minutes.

Stir in the parsley.

Add the chicken to the pan, covering it in the mushrooms and sauce, turning occasionally until warmed through (approximately three minutes).

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 336
Fat: 14g
Carbs: 11g
Fibre: 1g
Protein: 29g