



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.

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 **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.

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.



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