

Chicken Breast in Creamy Mushroom Sauce

with Root Veg Mash

R3



Enjoy this creamy, wholesome supper which is both low carb and low calorie!

Cooking Time: 30 min

Cals 567 | Prot 52 | Carbs 46 | Fat 22

Tips For Fussy Eaters

Serve with mashed potatoes!

Pro Tip

Use any leftover cream later in the week for omelettes, scrambles, sauces or simply for pouring over fresh strawberries!

Ingredients

For 2 For 3 For 4

Chicken

Chicken breast	400	600	800	Grams
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	1	1	Tbsp
Salt	0.5	1	1	Tsp
Chicken stock cube	0.5	1	1	Piece
Water	100	100	100	ML
Cooking cream	100	200	200	ML
Wholegrain mustard	15	30	30	Grams

Mash

Carrot	2	3	4	Piece
Parsnip	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Salt	0.5	0.5	1	Tsp
Salted butter	10	20	20	Grams
Black pepper	0.5	1	1	Tsp

Beans

Green beans	150	250	300	Grams
Salt	0.5	0.5	1	Tsp



1 Prep

Peel and roughly chop the **carrots** and **parsnips**. Trim the **green beans**. Chop the **mushrooms**. Peel the **garlic**.



2 Boil veg

Add the **carrot**, **parsnip** and **garlic** to a pan of boiling water with a generous pinch of **salt**. Cook over a medium heat for 15 min or until soft.



3 Fry chicken

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden. Once golden, add the **mushrooms** and fry for 7 min further.



4 Simmer

Add the **stock cube**, **measured water**, **cooking cream** and grainy **mustard** and simmer for 5 min until thickened.



5 Boil green beans

Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



6 Mash

Once the **carrot** and **parsnips** are soft, drain and return them to the pan with the **butter**. Mash until smooth and season with **salt** and **pepper**. Divide among plates and serve with the **chicken** and **green beans**.