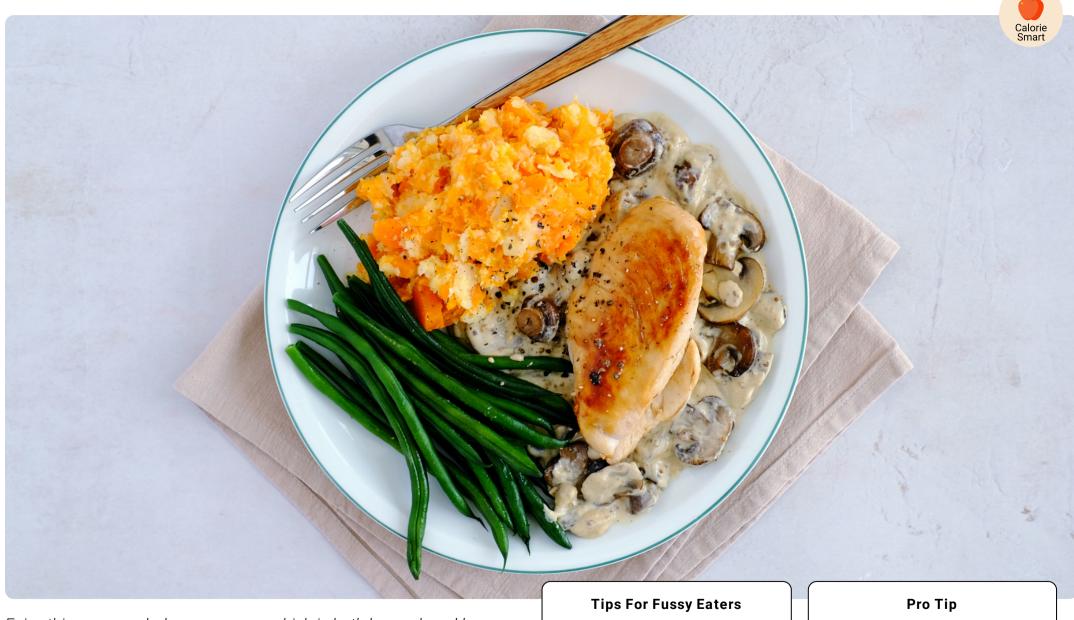
Chicken Breast in Creamy Mushroom Sauce

with Root Veg Mash



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

Serve with mashed potatoes!

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 600 800 Chicken breast 400 Grams Chestnut mushrooms 250 250 500 Grams Olive oil 1 1 1 Tbsp 0.5 Salt Tsp Chicken stock cube 0.5 1 Piece Water 100 100 100 ML200 200 MLCooking cream 100 15 30 30 Wholegrain mustard Grams Mash Carrot 3 Piece 2 Parsnip 2 Piece Garlic cloves 3 Piece 0.5 Salt 0.5 Tsp Salted butter 10 20 20 Grams 0.5 Black pepper 1 Tsp **Beans** Green beans 150 250 300 Grams Salt 0.5 0.5 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**.



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