

Saucy Chicken with Mushrooms and Herbs in (Flourless) Gravy

Ingredients:

- 3 tablespoons butter, divided
- 2 tablespoons olive oil, divided
- 2 cups sliced white mushrooms
- 1 clove garlic, minced
- 2 cups chicken stock
- 1 cup white wine
- 1/4 cup heavy cream
- 1 cup sliced green onions
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 skinless, boneless chicken breasts
- 2 tablespoons sweet and sour (duck) sauce
- 1/2 teaspoon chili paste
- 1 tablespoon whole fresh sage leaves

Directions:

Heat 1 tablespoon butter and 1 tablespoon olive oil in a medium pot over medium-high. Sauté the mushrooms in the oil and butter for 5 minutes, stirring frequently. Add the garlic and sauté for another minute, stirring frequently to prevent any browning. Add the stock, wine, cream, green onions, Worcestershire sauce, salt and pepper and stir together. Bring to a boil and cook for 15 minutes, stirring occasionally.

As the sauce boils, prepare the chicken breasts by rinsing them and patting them dry, then season them with salt and pepper. Mix the sweet and sour sauce and chili paste together in a bowl, add the chicken to the bowl, and using your hands, toss to coat each breast evenly with the sauce.

In a heavy skillet, heat the remaining tablespoon butter and tablespoon olive oil over medium-high. Brown the chicken breasts in the hot skillet, about 3 minutes on each side. (They will be crispy on the outside.) Remove the chicken to a large plate and set aside.

Reduce the heat beneath the skillet to medium then toss the sage leaves into the hot oils. Fry them for a minute, using a slotted spoon to move them around so that they don't burn. When they are crispy but not yet brown, remove them with the slotted spoon to a small plate and set aside.

Return the chicken to the skillet. Pour the entire contents of the pot with the mushroom broth over the chicken; cover and cook for another 15 minutes. Occasionally spoon the sauce and mushrooms over the chicken to keep everything moist.

Serve by placing the chicken on plates. Spoon the mushrooms over the chicken, then pour the entire pan of sauce equally over each plate of chicken and mushrooms. Sprinkle the crispy sage leaves on top.

Garnish each plate with a whole green onion (they are great for dipping in the gravy!)



Christy Boston's
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Website:

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Serves: 2

Total Time: 55 mins

Prep: 15 mins

Cook: 40 mins

Nutritional info per slice:

Cal: 828.3, Fat: 50.7g,

Protein: 48.1g, Net Carbs: 26.6g,

Sugar: 15.4g

Macros:

