



CHICKEN & MUSHROOM STROGANOFF

INGREDIENTS

- 1 tbsp of olive oil
- 1 tbsp of butter
- 400g of chestnut mushrooms, quartered
- 2 red onions, chopped
- 2 garlic cloves, finely chopped
- 3 skinless, boneless chicken breasts, cut into bite-sized pieces
- 300ml of chicken stock
- 1 tbsp of tomato purée
- 1 tbsp of wholegrain mustard
- 1 tbsp of sweet smoked paprika
- 250ml of soured cream
- Handful of chopped parsley

- Prep time: 35 minutes
- Serves: 8

DIRECTIONS

- 01** Heat the oil and butter in a wide, non-stick pan over a medium heat. Add the mushrooms, red onions, and garlic and stir-fry for 3–4 minutes, or until lightly golden-brown. Transfer to a bowl or plate (with all the pan juices) and set aside.
- 02** Return the pan to the heat and stir-fry the chicken for 6–7 minutes, or until lightly browned.
- 03** Pour in the stock, tomato purée, mustard, and smoked paprika.
- 04** Place the cooked cauliflower and broccoli in an oven proof dish, pour over the sauce so that all the vegetables are evenly coated.
- 05** Return the mushroom mixture to the pan, bring to a boil, then reduce the heat to low. Add the soured cream and chopped parsley and cook for 8–10 minutes, stirring occasionally, or until the sauce has thickened.