



Chicken Thighs, Mushrooms & Mashed Potatoes

2 servings

25 minutes

Ingredients

- 2 Russet Potato (medium, peeled and chopped)
- 1/2 cup Vegetable Broth (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Extra Virgin Olive Oil
- 227 grams Chicken Thighs (boneless, skinless, sliced)
- 4 cups Mushrooms (sliced)
- 1 1/2 tsps Dried Rosemary

Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	44g
Fiber	6g
Sugar	6g
Protein	33g
Cholesterol	107mg
Sodium	306mg
Vitamin A	204IU
Vitamin C	19mg
Calcium	58mg
Iron	4mg

Directions

- 1 Bring a pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher, adding half of the broth, until preferred consistency. Season with salt and pepper.
- 2 Meanwhile, preheat the oil in a large pan over medium-high heat. Add the chicken and the mushrooms and season with rosemary, salt, and pepper. Cook for three to five minutes, or until the chicken is cooked through.
- 3 Add the broth and cook for another two to four minutes or until the liquid is almost completely evaporated.
- 4 Divide the chicken, mushrooms, and mashed potatoes onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups of chicken and mushrooms and one cup of mashed potatoes.

More Flavor: Add more vegetables, like carrots in the mash and bell peppers with the chicken.