

Creamy Chicken & Mushrooms

LOW CARB



Category:
Main Meals

INGREDIENTS

- 6 boneless, skinless chicken thighs or chicken breasts
- 2 tablespoons flour, almond flour, or gluten- free flour
- Salt and pepper, to taste
- Herbes de Provence, to taste
- Butter, for frying
- 1/2 lb sliced mushrooms
- 500 ml whipping cream, or sour cream
- Fresh greens or low-carb vegetables, to serve

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Open the chicken pieces and place them in a bag with the flour. Coat each piece lightly.
2. Using a rolling pin, beat the chicken lightly to flatten. Season with salt, pepper, and Herbes de Provence.
3. Heat butter in a frying pan. Fry the chicken until golden on each side and cooked through.
4. Transfer to a warmed serving dish.
5. In the same pan, add the sliced mushrooms and saute in butter until golden brown.
6. Add the whipping cream or sour cream and heat gently. Do not boil hard.
7. Return the chicken to the pan and warm through in the sauce.
8. Serve immediately with raw spinach, broccoli, zucchini, or your favourite greens.

VICTORIA'S TIP

Prepare the ingredients in advance and avoid overcrowding the pan or air fryer for the best texture.

APPROXIMATE NUTRITION

Per serving, based on 6 servings and using whipping cream.
Values are estimates and will vary by ingredients and portions.
Calories Protein Fat Net Carbs 430 31 g

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