

Sautéed Chicken with Mushrooms & Cheese



The Sautéed Chicken coated with velvety parmesan mushroom sauce is an easy & quick (needs just 20-25 minutes) low-carb meal perfect for weeknights & hectic evenings!

Ingredients for 2 serving (US/Metric)

- 1.5 *tbsp* **Olive oil**
- 353g / 12.5oz **Chicken Thighs**
- 113g / 4oz **Baby Bella Mushrooms**
- 4.5 *pieces* **Garlic Cloves**
- 14 *tbsp* **Heavy cream**
- 2.5 *tbsp* **Parmesan cheese**
- **Fresh parsley**

Nutrition (US/Metric)

- **Protein:** 26%
- **Fat:** 70%
- **Net carbs:** 4%

Instructions

1. In a large pan warm the olive oil at medium heat.
2. Prep chicken thighs with salt & pepper sprinkling.
3. Cook the seasoned chicken in the warm oil till brown. Take out on a dish.
4. Pan-fry the garlic till tender. Add the mushrooms and cook for 5-7 minutes.
5. Reduce heat to low, pour the heavy cream, and mix. Simmer for 10 minutes by stirring frequently.
6. Add the parmesan and let it melt. Taste and adjust seasoning.
7. Add the pre-cooked chicken thighs, mix with the sauce, and serve with parsley.