



Chicken Thighs with Mushrooms

4 servings
 40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt
- 1/2 tsp Coconut Oil
- 14 White Button Mushrooms (quartered)
- 2 tbsps Shallot (diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Organic Chicken Broth
- 1/3 cup Organic Coconut Milk
- 2 tpsps Tarragon

Nutrition

Amount per serving	
Calories	200
Fat	9g
Saturated	5g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	25g
Cholesterol	107mg
Sodium	380mg
Potassium	541mg
Vitamin A	40IU
Vitamin C	2mg
Calcium	21mg
Iron	2mg
Vitamin D	5IU
Vitamin B6	0.6mg
Folate	18µg
Vitamin B12	0.7µg
Magnesium	36mg

Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

Notes

- Leftovers, Refrigerate in an airtight container for up to three days.
- No Tarragon, Use thyme instead.
- Serve it With, Cauliflower rice.
- No Coconut Oil, Use extra virgin olive oil or avocado oil instead.



Zinc	2mg
Selenium	32µg