

CHICKEN IN BUTTERNUT SQUASH & MUSHROOM CREAM SAUCE

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COOK TIME: 50mins

SERVES: 4

CALORIES: 549 kcal (PER SERVING)

INGREDIENTS

4 small chicken breast fillets, or 2 large cut in half lengthwise
400 g/14 oz butternut squash, peeled, seeded and cut into cubes (about 1/2 squash)
250g/9 oz cremini mushrooms, chopped
1 small onion, finely chopped
3 garlic cloves, minced
2 tbsp olive oil
2 tbsp unsalted butter
3/4 cup/200 ml cream 20% fat
1 1/4 cup/300 ml chicken broth
8 sage leaves, torn into large pieces
1 tsp white miso paste
30g/1 oz grated parmesan
1 tsp each: salt, black pepper, sweet paprika
1/2 tsp red pepper flakes, for serving

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the onion and chop the mushrooms. Season the chicken breasts with salt, black pepper and paprika.

Prepare the butternut squash: first slice off the ends using a sharp knife, next cut the squash in half. Peel with a sharp vegetable peeler. Next scoop out the seeds and cut the squash into slices. Then cut those into sticks and cut the sticks crosswise into cubes.

Heat 1 tablespoon oil in a large non-stick skillet over high. Add mushrooms and sauté until they release their moisture, and become crispy and golden brown. Remove from skillet.

Again, add 1 tbsp oil and 1 tbsp butter. Add chicken and cook over medium high, about 8 minutes per side or until fully cooked and browned on both sides. This can vary with the size of your chicken breasts. Remove from skillet and place on a clean plate. Cover with foil.

Add squash and cook, stirring and tossing occasionally, until browned and tender, about 5 minutes. Stir in butter and add onion, garlic and sage leaves. Continue cooking, stirring frequently, until fragrant, about 2 minutes (sage should let off a great aroma).

Pour in chicken broth, stir and scrape up the brown bits from the bottom of the skillet with a wooden spoon. Bring to a boil, reduce heat and simmer for 2-3 minutes.

Add cream, then stir in white miso paste and grated Parmesan. Keep stirring until miso is incorporated.

Add mushrooms and return chicken back to the skillet. Simmer for 3 minutes or until chicken is heated through. Finish off with black pepper and red pepper flakes. Serve!

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