

# 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!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.