



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

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.