Rosemary Mushroom Chicken

Date : 25-09-2019

Ingredients

- 4 chicken breasts
- 2 cups mushrooms, sliced
- 1 1/2 cups almond milk
- 1 cup diced onions
- 1/2 cup white wine vinegar
- 2 sprigs rosemary
- 1 tbs olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper

Marinade

- 1/2 cup white wine vinegar

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- 1/2 tsp salt

Method

1. Take the chicken breasts and place them in a plastic bag with 1/2 cup white wine vinegar and 1/2 ts salt; place in the fridge for at least half an hour
2. Preheat oven to 220 degrees Celsius (420 degrees Fahrenheit)
3. Heat 1 tbs olive oil in a large skillet
4. Add diced onions and 1/2 tsp salt; sautee until the onions soften
5. Stir in the sliced mushrooms, and then ensure the mushrooms are evenly spaced and allow them to brown
6. Once the mushrooms have browned, add 1/2 cup vinegar, and allow to cook until the sauce reduces (thickens and dries out a little)
7. Mix in the almond milk, rosemary, and 1/2 tsp pepper, and simmer until the sauce turns creamy
8. Lay the chicken breasts in an oven-safe casserole or baking dish, and cover with the mushroom rosemary sauce
9. Place the dish in the oven until the chicken has cooked through (slightly over 20 minutes)
10. Serve straight to the table!

For chicken to work in our house, it has to be something special. In a house full of pretty adventurous eaters, chicken is somehow the one thing people are picky about. If it's even a little dry or a little bland, nobody will touch it.

So, I set out to create a chicken dish that nobody could ever accuse of being dry or bland. I wanted to create something that had lots of richness and flavor, but without the butter and cream that usually goes into making that happen. Naturally, the most important thing was to get the stamp of approval from my oh-so-picky-about-chicken family.

I'm happy to report that this Rosemary Mushroom Chicken managed to do all of the above!

Thanks to the white wine vinegar in the marinade and the sauce, the chicken comes out tender and juicy, while the creamy sauce complements it perfectly.

The best part? All this without any dairy or butter at all, making it the perfect light weekday dinner that also looks pretty good on the dinner table!

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