

Recipe Name: Chicken With Mushroom Sauce Recipe
Diet Type: Non-Vegetarian
Course: Lunch
Cuisine: Continental
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 Chicken breasts	4
• 1 cup Button mushrooms - sliced	
• 1 Onion - chopped	
• 4 cloves Garlic - chopped	
• 1 teaspoon Dried Thyme Leaves	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Black pepper powder	
• 1 cup Milk	
• 2 teaspoon Corn flour	
• Salt - to taste	
• Butter (unsalted) - for cooking	

Preparation

- To begin making the Chicken With Mushroom Sauce Recipe, we will first wash the chicken breast and mash it with a meat shredder.
- Make sure the thickness is about 1-1/2 inches.
- Marinate the chicken breast with salt, black pepper powder and keep it aside for 10 minutes.
- Heat a skillet with the required butter.
- Once the butter starts to melt, you can place the chicken breast and cook it from both the sides.
- This will take about 5 to 6 minutes.
- Remove the chicken breast from the pan and keep it aside.
- Saute until it softens.
- Next, add chopped mushroom, salt and dried herbs and cook till the mushroom loses all its moisture and becomes a little soft.



- In a separate bowl, mix milk and corn flour till it combines.
- Make sure there are no lumps in this mixture.
- Reduce the flame and pour the milk mixture and gently swirl.
- You will see the sauce starts to thicken up.
- Once the sauce thickens up, switch off the heat.
- Add the chicken breast into the sauce mixture and soak it well.
- Cover the pan with the help of a foil and leave the chicken to rest in the sauce for at least 10 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	30	10	20	1	2

