



Ashley's Meal Prep Monday!



Chicken Marsala

INGREDIENTS

1 1/2 lbs boneless chicken cut into thin fillets

1/2 cup GF all purpose flour

1 TSP garlic powder

1 TSP sea salt

1/4 TSP pepper

1 TBSP avocado oil

2 TBSP vegan butter

Sauce:

8 ounces baby bella sliced mushrooms

4 cloves garlic minced

3/4 cup marsala wine

1 cup chicken broth

1 cup full fat canned coconut milk

1 TBSP arrowroot to thicken

Salt/pepper to taste

In a small bowl, stir flour, garlic powder, salt/pepper and pour mixture on a plate. Dip both sides of each chicken fillet into the mixture, coating each side well.

Heat oil/butter in a large skillet over med-high heat. Place chicken onto the pan and cook 3-ish minutes per side, until both sides have golden brown sear. Transfer to a plate and set aside.

Add a little more oil/butter to the skillet, add garlic and mushrooms to saute, stirring occasionally until mushrooms begin to turn golden brown and stick to the skillet, about 3 min. Pour half of the chicken broth to deglaze, about 2 min. Add remaining broth, Marsala wine and coconut milk and bring to a full boil. Allow sauce to boil until it begins to thicken and reduce, about 10 minutes. Add 1 TBSP arrowroot to thicken.

Transfer chicken back into the skillet and cover. Cook 10 minutes, then flip chicken and cook additional 2-5 minutes until cooked through.

Serve over noodles or rice.



Recipe: theroastedroot.net.

CARTWRIGHT'S
MARKET