Chicken Spinach and Mushroom Recipes

Golden chicken cutlets with browned mushrooms, wilted spinach and a creamy pan sauce

SERVES	PREP	COOK
4 SERVINGS	15 MIN	30 MIN



INGREDIENTS

Chicken
1 1/4 lb (567 g) boneless, skinless chicken breast, cut into 4 cutlets
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper

Mushroom spinach sauce
8 oz (225 g) sliced mushrooms
3 cups (90 g) baby spinach
1/2 cup (120 ml) chicken broth
1/2 cup (120 ml) heavy cream
2 garlic cloves, minced

To serve
Steamed vegetables and rice or bread

METHOD

1. Flatten the cutlets to an even 1/2 inch (1.3 cm). Pat dry and season with the salt and pepper.

2. Heat the oil in a wide skillet over medium heat. Sear the chicken 4-5 minutes per side, then transfer to a clean plate; it will finish cooking in the sauce.

3. Sauté the mushrooms in the skillet for 6-8 minutes, until their moisture evaporates and they brown. Add the garlic for 30 seconds, then stir in broth and cream. Simmer 3 minutes and wilt in the spinach.

4. Return chicken and its juices to the skillet. Simmer gently until every cutlet reaches 165°F (74°C) in its thickest part, about 3-7 minutes or longer if needed. Rest 5 minutes before serving.

Tips Let the mushrooms brown before adding liquid so the sauce stays rich rather than watery. Keep raw poultry and its utensils separate from ready-to-eat foods. **Storage** Refrigerate in a shallow covered container within 2 hours and use within 3-4 days. Freeze cooked portions up to 2 months; cream sauce may separate. Reheat chicken to 165°F (74°C) and warm sauce gently.