AMERICAN · DINNER

Creamy Herb Mushroom Chicken with Dill

25 min · Serves 4 · 365 kcal a serve · Video 4:41 · Natashas Kitchen

Gluten-free ingredients · Nut-free

Chicken and golden mushrooms in a fresh-herb cream sauce: about 29 g protein and 3.5 g net carbs a serve, 63% of the energy from fat, and rich in selenium and vitamin B6.

Diet notes: Keto (3.5 g net carbs a serve).

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Ingredients 10 · SERVES 4

- [ ] 225 g **mushrooms**, thickly sliced
- [ ] 450 g **chicken tenders**
- [ ] 1½ tsp **garlic salt**, divided (plus more to taste)
- [ ] 1 tbsp **butter**, divided
- [ ] 1 tbsp **olive oil**, divided
- [ ] 4 g chopped **fresh dill**
- [ ] 15 g chopped **fresh parsley**
- [ ] 25 g chopped **green onion**
- [ ] 2 **garlic** cloves, minced
- [ ] 180 ml **heavy whipping cream**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Get everything ready first because it cooks fast: slice the mushrooms thickly, mince the garlic and chop the dill, parsley and green onion. 0:19
2. Melt half the butter with half the oil in a large frying pan over medium heat. Cook the mushrooms with ½ tsp garlic salt for about 5 minutes until golden, then tip onto a plate. 1:16
3. Season the chicken with 1 tsp garlic salt. Add the rest of the butter and oil to the pan and sear the tenders about 2 minutes a side until cooked through. 1:39
4. Stir in the garlic for a minute, then the dill, parsley and green onion for another minute. 1:59
5. Return the mushrooms, pour in the cream and bring to a light boil. Simmer about 2 minutes until slightly thickened (it thickens more as it cools), then season to taste. 2:14

> **Tip** Sliced chicken breast works instead of tenders. Serve with cauliflower mash, zucchini noodles or green beans to keep it keto. The sauce thickens as it stands, so add a splash of water when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
365 kcal	**29** g	**4.4** g	**0.9** g	**26** g	**470** mg
1,530 kJ	59% of a day	3.5 g net · 2.6 g sugars	3% of a day	13 g saturated	21% of a day
		2% of a day		33% of a day	

Energy from net carbs 4% · protein 32% · fat 64% — fits keto: 3.5 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin K 65% · Selenium 55% · Vitamin B6 36% · Vitamin A 26%

Source of (10–19%) Vitamin B12 17% · Omega-3 13% · Zinc 12% · Potassium 10% · Vitamin C 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=PKOpu2TBKMo, published 22 June 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-herb-mushroom-chicken-dill