

to healthier, happier you

Get ready to a quick and delicious
meal with my 20 min Creamy Balsamic Chicken!

The best thing? You can batch cook for the whole week! But be warned: you'll want to eat this over and over again!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw chicken or turkey breast / thigh
100g of sliced mushrooms
1/2 onion
2 garlic cloves
2 French onions (optional)
1 tsp of olive oil
rosemary qb
2 tsp of onion powder
1 tsp of chili pepper
salt and black pepper to taste
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
1/2 cup of Balsamic Vinegar
1 cup of vegetable or beef broth
1 tbsp of light cream

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Add olive oil in a skillet or pot over high heat, mushrooms, 1/4 cup of Balsamic vinegar and salt to taste, sauté until caramelized. Set aside, and add the chicken, the French onions cut in halves, season it with salt, black pepper, chili pepper, onion powder, Italian seasoning and rosemary and grill until they are fully cooked for about 10-12 minutes, remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, rosemary, 1/4 cup of Balsamic Vinegar, and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the beef / vegetable broth, light cream, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Remove the skillet from the heat and add the mushrooms, chicken, the French Onion, garnish with fresh rosemary leaves. Serve the roasted potatoes over the Creamy Balsamic Chicken and ENJOY!

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BY NICOLINA