

Braised Chicken with Mushrooms & Leeks



This hearty entrée showcases savory mushrooms and leeks in a dish elegant enough for a celebration dinner, but it comes together quickly enough for a weeknight meal.

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 ½ lb	Chicken Thighs, boneless, skinless
½ tsp	Kosher Salt, <u>divided</u>
¼ tsp	Black Pepper
2 Tbsp	Olive Oil, <u>divided</u>
12 oz.	Cremini Mushrooms, quartered
2 each	Leeks, white and light green parts only, cleaned thoroughly and sliced (see note)
4 cloves	Garlic, minced
1 Tbsp	Thyme, fresh, chopped
1 cup	White Wine, dry
2 cups	Chicken Stock, low-sodium or homemade
1 ½ cup	Peas, frozen and defrosted
1 Tbsp	Dijon Mustard
1 Tbsp	Cornstarch
2 Tbsp	Water
2 Tbsp	Parsley, fresh, chopped

CHEF'S NOTES

Leeks need to be cleaned thoroughly before using. After trimming the root end and tough dark green tops, cut in half lengthwise then into 1/8" thick slices. Transfer the cut leeks to a large bowl filled with cold water. Use your hands to break up the pieces and allow the sand and grit to fall to the bottom of the bowl. Use a slotted spoon or spider to remove to the cut leeks to a clean kitchen towel and pat dry before using.

Using a slurry made from cornstarch and water is an easy way to thicken any sauce, soup, or stew. Simply dissolve the cornstarch in cold water (make sure no clumps are present) then add to your hot liquid – it must come to a simmer for the starch to reach full thickening potential.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Trim any excess fat from the chicken thighs and pat them dry with a paper towel. Season with ¼ tsp of the salt and the pepper.
3. Heat a large sauté pan over medium-high heat and once hot, add 1 Tbsp of oil. Add the chicken in an even layer without overlapping and cook until golden brown before flipping to sear the other side, about 3 to 4 minutes on each side. Once seared fully, remove to a clean plate and set aside.
4. Add the remaining 1 Tbsp oil and the mushrooms to the pan. Cook, stirring occasionally, until lightly browned, about 4 to 6 minutes.
5. Add the leeks and cook, stirring occasionally, until the leeks are softened, about 4 minutes. Stir in the garlic and thyme and cook until just fragrant, about 30 seconds to 1 minute.

6. Add the wine and increase the heat to high, scraping up the brown bits stuck to the bottom of the pan.
7. Add the stock and the seared chicken with any accumulated juices and reduce the heat to maintain a low simmer. Cover and cook until the chicken reaches an internal temperature of 165°F in the thickest piece, about 8 to 10 minutes.
8. Remove the chicken to a serving platter and finish the sauce: Turn the heat down to medium-low and add the peas and Dijon mustard stirring to combine.
9. Make a slurry by combining the cornstarch and water in a small bowl, using a fork to mix until no lumps remain. Add the slurry to the sauce in the pan and stir constantly until thickened, about 1 to 2 minutes.
10. Pour the mushroom and leek sauce over the chicken and top with the parsley before serving.

Nutrition Facts	
6 servings per container	
Serving Size	4 oz. chicken + 1/2 cup vegetables (377 g)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 10g	12%
Saturated Fat 1.5g	8%
<i>Trans Fat 0g</i>	
Cholesterol 105mg	36%
Sodium 420mg	18%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	10%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 0.07mcg	0%
Calcium 60mg	4%
Iron 3mg	16%
Potassium 800mg	16%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from Eating Well (7/29/20)

