

# Not My Favorite Chicken Marsala Experiment

Cook Time 30 minutes  
Serves 4



## Ingredients

- 1.5 lbs of boneless, skinless chicken thighs
- Kosher salt
- Pepper
- 1 cup of arrowroot powder
- 1 tablespoon unsalted butter
- 2 teaspoons grapeseed oil
- 3 garlic cloves, minced
- 1/4 cup finely chopped shallots
- 8 ounces sliced cremini mushrooms
- 3 ounces sliced shiitake mushrooms
- 1/3 cup Marsala wine
- 1/2 cup chicken broth
- Small amount of chopped fresh parsley
- Fresh greens

## Instructions

1. Preheat the oven to 200 degrees.
2. Season with salt and black pepper.
3. Lightly dredge the chicken pieces in arrowroot powder and set aside. Reserve remaining arrowroot powder to use later.
4. Heat a large nonstick skillet over medium-high heat. Add 1/2 Tbsp butter and Tsp of grapeseed oil to the pan and melt together. Add the chicken and cook until slightly golden on both sides. Transfer to baking dish and place in the oven to keep warm.
5. Add the remaining butter and grapeseed oil to the pan. Cook the garlic and shallots until soft and golden. Add mushrooms, season with salt and pepper and cook until soft. Sprinkle 1 Tbsp of the reserve arrowroot powder and cook for 30 seconds.
6. Cook, stir and scrape up browned bits from the bottom of the pan. Add wine and broth. Cook approximately 2 minutes until thickened.
7. Return the chicken to the skillet with the mushrooms, reduce heat and simmer in the sauce for about 5 minutes.
8. Serve over fresh greens and garnish with freshly chopped parsley.

Paleo / Whole30 / Keto / Low Carb