

## Garlic Mushroom Chicken Thighs Recipe

Prep time: 5 mins

Cooking time: 1 hour

### Ingredients:

- 4 tbsp butter
- 3 garlic cloves, minced
- 225g mushrooms, roughly chopped
- 650g boneless chicken thighs
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried thyme
- ½ tsp dried rosemary
- salt and pepper
- 2 tbsp olive oil
- 300 ml light thickened cream
- 50g parmesan cheese, grated

### Method:

1. Heat butter in a frying pan over medium heat. Add garlic and fry until golden. Add mushrooms and fry until soft. Salt and pepper to taste. Remove the mushrooms from the pan and set aside.
2. Combine the spices and pat the chicken thighs with the mixture. Fry in olive oil in the same pan for 6-7 minutes on each side. It might take longer time, depending on the size of the thighs. The inner temperature should be 72°C. Remove the chicken from the pan and keep warm.
3. Add cream and parmesan in the same frying pan. Bring to a boil, then lower the temperature and simmer for 5 minutes, stirring continuously, until the sauce thickens. Salt and pepper to taste.
4. Add the chicken thighs back into the frying pan to warm. Serve with leafy greens or a side dish of your choice.



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