

## Skillet Mushroom Chicken Thighs

Serves 4 (2)

- 680 g boneless, *skinless chicken thighs* (340 g)
- Salt and freshly ground black pepper, *to taste*
- 5½ T flour, *divided* (3 T)
- 1 T canola oil (½ T)
- 14 g unsalted butter (7 g)
- 3 cloves garlic, *minced* (½)
- 1 small shallot, *diced* (½)
- 227 g cremini mushrooms (or other mushroom type), *sliced* (113 g)
- 240 ml chicken stock (120 ml)
- 2 tsp chopped fresh thyme leaves (1 tsp)
- 2 T chopped fresh parsley leaves (1 T)



1. Season **chicken** with **salt** and **pepper**. Dredge chicken in **flour** until evenly coated.
2. Heat **canola oil** and **butter** in a medium skillet over medium heat.
3. Working in batches, add chicken to the skillet in a single layer and cook until golden brown and cooked through, reaching an internal temperature of **73°C**, **about 4-5 minutes per side**; set aside. Reduce heat to medium low.
4. Add **garlic**, **shallot** and **mushrooms**, and cook, stirring occasionally, until mushrooms are tender and browned, **about 4 minutes**; season with **salt** and **pepper**, to taste.
5. Whisk in remaining **flour** until lightly browned, **about 1 minute**.
6. Gradually whisk in **chicken stock** and **thyme**. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 3 minutes.
7. Stir in **parsley**; season with **salt** and **pepper**, to taste. Return chicken to the skillet.
8. Serve immediately.