

Creamy Chicken & Mushrooms

クリーミーチキンとマッシュルーム

Serves: 2 | Pan: 24–26 cm skillet

Ingredients

- 250–280 g chicken cutlets (鶏むね肉またはささみ)
- ¼ tsp salt + small pinch MSG (塩+MSG)
- ⅛ tsp black pepper (黒こしょう)

- 200 g mixed mushrooms (きのこミックス)

- 1 tsp / 3 g garlic, minced (にんにく)
- ½ tsp fresh thyme (タイム)
- ¼ tsp fresh rosemary (ローズマリー)

- 60 ml dry white wine (白ワイン) or 60 ml chicken stock + ½ tsp lemon juice
- 60 ml heavy cream (生クリーム)
- 1 T parsley (パセリ)

- 2 tsp canola oil (キャノーラ油)



Instructions

1. Pat **chicken** dry and season with **salt + MSG** and **pepper**.
2. Heat **oil** over **medium heat**.
3. Cook **chicken 3–4 minutes** per side until lightly browned.
4. Remove and set aside.
5. Increase heat to **medium-high** and add **mushrooms**. Do not stir for 1–2 minutes.
6. Stir occasionally and cook **4–5 minutes** until browned and dry.
7. Reduce heat to **medium** and add **garlic** and **herbs**. Cook **30–45 seconds** until fragrant.
8. Add **wine** (or **stock + lemon**) and scrape pan.
9. Simmer about **2 minutes**.
10. Add **cream** and simmer gently **2 minutes**.
11. Return chicken and juices.
12. Simmer **2–3 minutes** until heated through.
13. Taste and adjust seasoning.
14. Add **parsley** and serve.

Notes

- Do not overcrowd mushrooms; browning is critical.
- Keep sauce at gentle simmer after adding cream.
- Chicken finishes cooking when returned to pan.
- Optional: add 1 T Greek yogurt off heat for lighter finish.

Nutrition

Per serving: Kcal: 400 | Protein: 36 g | Fat: 24 g | Sat Fat: 10 g | Carbs: 5 g | Sugars: 2 g | Fiber: 1 g | Sodium: 500 mg | Omega-3: 0.2 g

Total dish: Kcal: 800 | Protein: 72 g | Fat: 48 g | Sat Fat: 20 g | Carbs: 10 g | Sugars: 4 g | Fiber: 2 g | Sodium: 1000 mg | Omega-3: 0.4 g

Creamy Chicken & Mushrooms – Variations

クリーミーチキンとマッシュルーム (バリエーション)

Use with base recipe (2 servings)

Overview

Each variation builds on the base recipe. Follow the same steps and incorporate changes at the sauce stage unless otherwise noted.

1. Mustard Cream Version

Add:

- 1 tsp Dijon mustard (ディジョンマスタード)
- Optional: 1 tsp whole grain mustard

Instructions:

- Stir into sauce after cream is added.
- Adjust salt slightly (mustard adds saltiness).

Result: Slightly tangy, deeper flavor, pairs well with potatoes.

2. Tarragon Cream Version

Add:

- 1 tsp fresh tarragon, finely chopped (タラゴン)
- Optional: small squeeze lemon juice

Instructions:

- Add at final stage with parsley.

Result: Classic French profile, lighter and aromatic.

3. Japanese Soy-Cream Version

Adjust:

- Replace wine with 60 ml stock + 1 tsp / 6 g low-sodium soy sauce (減塩しょうゆ)
- Add 1/2 tsp mirin (みりん)

Instructions:

- Add soy + mirin during deglazing step.
- Reduce salt slightly.

Result: Mild umami-rich sauce, very Japanese-friendly flavor.

Notes

- Do not combine all variations at once.
- Each variation changes salt balance—taste before final seasoning.
- Yogurt finish works best with mustard or soy versions.