

Chicken Stroganoff with Zoodles

Calories: 13.6 kcal

Servings: 1

Time: 25 Mins

Ingredients

- 40.00 g Brown Onion (sliced)
- 1.00 tsp Butter
- 120.00 g Chicken breast (cut into strips)
- 1.00 cube Chicken Stock Cube
- 35.00 g Common Mushrooms (sliced)
- 1.00 tsp Dijon Mustard
- 1.00 clove Garlic (crushed)
- 2.00 g Salt and Pepper (to season)
- 30.00 g Sour Cream
- 0.25 cup Water
- 60.00 g Zucchini (spiralized)

Instructions

1. Heat butter in a large frying pan. Add mushrooms, onions and garlic. Sauté on low heat until onion brown. Remove from pan and set aside.
2. In the same pan, add chicken strips, browning lightly.
3. Add water, chicken stock, sour cream and mustard to the pan, and continue cooking over a low heat until chicken is cooked through and the sauce has reduced and thickened.
4. Meanwhile, in another pan, add zucchini to a hot pan with salt and oil and cook for 2 minutes or until slightly browned. Remove from pan and add to serving bowl.
5. Add mushrooms to chicken dish and stir well until heated through. Serve with spiralized zucchini.