

Chicken Stroganoff

By Lena Abraham Jun 15, 2020

We recently discovered our love of the old-school classic beef stroganoff. It's creamy, hearty, and DELICIOUS over a bed of egg noodles. This chicken version is just as good. It's a little lighter than the original, but still super flavorful and extremely comforting.

If you're looking for a healthy alternative to egg noodles, try brown rice or mashed cauliflower! It's best served with a veggie side—I'd suggest this simple kale salad.

Yields: 4 Servings

Prep Time: 10 Mins

Total Time: 1 hr 00Mins

INGREDIENTS

- 1 (12-oz.) package egg noodles
- 2 tbsp. butter
- 1 tbsp. vegetable oil
- 1 lb. boneless skinless chicken breasts, cut into 1" pieces
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil, divided
- 1 lb. baby bella mushrooms, thinly sliced
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 2 tsp. fresh rosemary or thyme leaves, chopped
- 4 c. low-sodium chicken broth
- 2 tsp. dijon mustard
- 1 tsp. Worcestershire sauce
- 2 tbsp. cornstarch
- 2 tbsp. sour cream, plus more for serving
- 2 tbsp. freshly chopped parsley

DIRECTIONS

1. Prepare egg noodles according to package instructions and toss with butter while still hot.

2. In a large skillet over medium heat, heat vegetable oil. Add chicken and sear 8 to 10 minutes, until golden on all sides, and season with salt and pepper. Work in batches if needed. Remove chicken and place in a large bowl.
3. Lower heat to medium and add one tablespoon oil. Add mushrooms and cook until golden and tender, 8 to 10 minutes. Remove from skillet and place in bowl with chicken.
4. Add remaining oil and onion. Cook until softened, 6 minutes. Add garlic and rosemary or thyme cook until fragrant, 2 minutes more. Stir in broth, mustard, and Worcestershire sauce and bring to a simmer.
5. In a small bowl, whisk some of the hot broth into your cornstarch. Stir into broth along with reserved chicken and mushrooms and continue to simmer until thickened by about half, 10 to 12 minutes. Remove from heat and stir in sour cream. Season with salt and pepper.
6. Spoon chicken mixture over prepared egg noodles and garnish with a dollop of sour cream and parsley.



Photo by Parker Feierbach

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