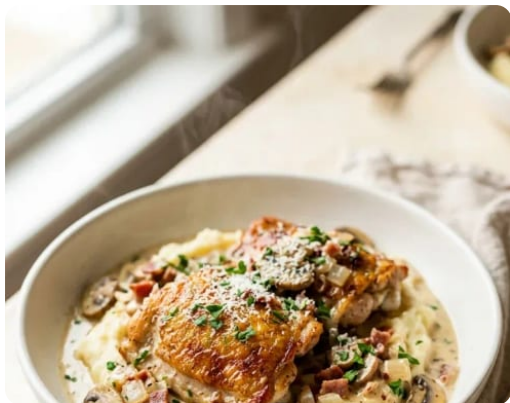




Choco Fever Dream

Creamy Chicken Thighs with Turkey Bacon Mushroom Sauce

10 min

Prep time

4

Servings

35 min

Cook time

Medium

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Chicken

- ☐ 8 bone-in, skin-on chicken thighs (~8 oz each)
- ☐ Salt and pepper to taste
- ☐ 2 tbsp olive oil

The Savory Sauce

- ☐ 6 slices turkey bacon (~36 g)
- ☐ 1 cup sliced mushrooms (70 g)
- ☐ 1 small onion, diced (~120 g)
- ☐ 2 cloves garlic, minced (6 g)

- ☐ 1/2 cup dry white wine (120 ml), optional
- ☐ 1 cup low-fat chicken broth (240 ml)
- ☐ 1/2 cup heavy cream (120 ml)
- ☐ 1 tsp Dijon mustard (5 g)
- ☐ 1 tsp fresh thyme leaves (1 g)
- ☐ 1/4 cup grated Parmesan cheese (25 g)

Garnish

- ☐ Fresh parsley, chopped for garnish

Instructions

- 1 First, go ahead and pat those 8 bone-in, skin-on chicken thighs dry with a paper towel. It's a little extra step, but honestly, it's the secret to getting that skin just right. Season both sides generously with salt and pepper.
- 2 Heat 1 tbsp olive oil in your large skillet over medium-high heat. Lay the chicken thighs in skin side down. Let them sear undisturbed until they are a beautiful golden brown, about 6-7 minutes. Flip them over and sear the other side for another 5 minutes, then move them to a plate for a bit.
- 3 In that same skillet-don't wash it!-add the remaining 1 tbsp oil and cook your 6 slices turkey bacon until they're nice and crisp, about 4 minutes. Once they're done, take them out, crumble them into small pieces, and set them aside.
- 4 Turn the heat down to medium. Toss in your diced small onion and cook it slowly until it's translucent, which usually takes about 3 minutes. It smells just lovely at this point.
- 5 Now add the 1 cup sliced mushrooms. Cook them until they release their moisture and start to brown, about 5 minutes. Stir in those 2 cloves garlic, minced, and just give it 30 seconds until it's fragrant. Don't let the garlic burn, or oops, you'll have to start over.
- 6 Time to deglaze. Pour in 1/2 cup dry white wine (if you're using it) and scrape up all those brown bits from the bottom-that's where the real flavor lives. Let the wine reduce by half, about 3 minutes.

- 7 Stir in 1 cup low-fat chicken broth, 1/2 cup heavy cream, 1 tsp Dijon mustard, 1 tsp fresh thyme leaves, and half of that 1/4 cup grated Parmesan cheese. Bring it to a gentle simmer and let the sauce thicken up for about 4-5 minutes.
- 8 Carefully return the chicken thighs to the skillet, skin side up, and nestle them into that creamy sauce. Spoon a bit of sauce over the tops and cover the pan partially. Simmer gently until the chicken hits 165°F internal temp, about 8-10 minutes.
- 9 While the chicken is finishing up, fold in your crumbled turkey bacon and the rest of the grated Parmesan cheese. Give it a little taste and adjust the salt if you feel it needs it.
- 10 Serve it all up hot, garnished with a sprinkle of chopped fresh parsley and an extra drizzle of that sauce. Wow, it's just comforting.

Nutrition per serving

520 kcal

Calories

45 g

Protein

12 g

Carbs

34 g

Fat

Tips & notes

- Patting the chicken dry is essential for a proper sear.
- Deglazing the pan with wine captures the fond for a deeper sauce.
- Simmering gently prevents the cream from separating.