

# ONE POT CHICKEN AND MUSHROOMS

It's the middle of winter, it's freezing in my kitchen and I just want something to throw together quickly that's tasty and uses the least amount of dishes and bowls so that I can get downstairs as fast as possible where it's warmer. And bonus – it makes a lot, so there will be leftovers for lunch.

## **INGREDIENTS** (Serves 4)

2-3 tablespoons olive oil

1 large onion sliced

3 cloves of garlic minced

6 ounces sliced shiitake mushrooms

6 boneless, skinless chicken thighs cut into 1" pieces

1  $\frac{1}{2}$  teaspoons salt

1  $\frac{1}{2}$  teaspoons fresh ground pepper

$\frac{1}{2}$  teaspoon red pepper flakes

1  $\frac{1}{2}$  cups jasmine rice

1  $\frac{1}{2}$  cups chicken broth

1  $\frac{1}{2}$  cups white wine

2 tablespoons Dijon mustard

3 tablespoons maple syrup

1 scallion chopped for garnish

$\frac{1}{4}$  cup grated Parmesan (optional)

## **PREPARATION**

In a large dutch oven, heat 2 tablespoons of olive oil over medium heat. Add the onions and sauté until beginning to brown, about 6 minutes. Add the garlic and mushrooms and continue to sauté for an additional 2 minutes. Add another tablespoon of olive oil if too dry.

Season the chicken with salt and pepper. Add the chicken to the pot and stir until chicken is browned, about three minutes. Stir in the red pepper flakes, and the remaining salt and ground pepper. Add the rice and stir for one minute.

Add the chicken broth, white wine, mustard and maple syrup and stir to combine. Bring the mixture up to a boil and then lower to a simmer until the rice is cooked, about 15 minutes. Turn off the heat and let rest for five minutes. Stir the mixture to fluff the rice.

Serve in bowls and garnish with scallions and Parmesan.