

OK ?Creamy? is bracketed as Dairy products are now off the menu due to Sue?s digestive issues. So she?s found a way around this!

Ingredients for the Thighs:-

4 Chicken Thighs
1 Tsp of Onion Powder
1 Tsp of Garlic Powder
½ Tsp of Dried Rosemary
½ Tsp of Dried Thyme
Salt & Pepper to season
2 Tbsp og Honey
2 Tbsp of Olive Oil
1 Tsp of Paprika

Ingredients for the Sauce:-

1 Tbsp of Olive based Margarine
1 Tbsp of Oil
100g of Mushrooms, sliced
4 Cloves of Garlic, minced
1 Tbsp of fresh Parsley, chopped
½ Tsp of Dried Rosemary
½ Tsp of Thyme
1 Tsp of Dijon Mustard

200ml of Almond Milk
200ml of Chicken Stock
2 Tbsp of Almonds, blitzed
Salt & Pepper to season

Method:-

(1) Combine the Garlic Powder, Onion Powder, Rosemary, Thyme, Olive Oil, Honey, Paprika and Salt & Pepper.
(2) Spoon over the Chicken evenly.
(3) Place the Chicken in a tray.
(4) Spoon over a little more Oil and place in a pre-heated over at 180c for 25 to 30 minutes, until the Chicken is cook through.
(5) Over a medium heat add the Oil & Margarine to a pan.
(6) Add the Garlic and fry for 30 seconds.
(7) Add the Mushrooms, Thyme, Rosemary and Salt & Pepper.
(8) Continue to fry until the Mushrooms have softened.
(9) Combine the blitzed Almonds to the Almond Milk and whisk into the Chicken Stock.
(10) Pour over the Mushrooms and stir until the Sauce thickens.
(11) Stir in the Mustard and Parsley.
(12) Arrange the Chicken on your plate and pour the Sauce over.

We were over-run with rather sad looking Mushrooms and had all the other ingredients. This recipe was the result and it was really good. We served ours with Bhaji style battered Garlic Mushrooms and tender stem Broccoli wrapped in Bacon.