

Simplified Chicken Marsala

When getting back into the swing of things, simple dinners are a must. The whole family will be satisfied with this delicious chicken dinner.

xoxo,

Kristin

1. Using a large deep pan, heat 3 tbsp of oil on medium heat.
2. Add the salt and pepper to the chicken cutlets on both sides and dredge in arrowroot starch until fully coated.
3. Drop the chicken cutlets into the hot oil and cook for about 4-5 minutes on each side, or until crispy and internal temperature reads 165 F. Set the chicken aside.
4. Using the same pan, add the minced garlic and cook for 1-2 minutes. Add more oil if needed along with the mushrooms and cook for another 4-5 minutes or until softened.
5. Pour in the chicken broth and sherry vinegar and bring to a low simmer.
6. Add the chicken back to the pan and cook for 6-8 minutes or until the sauce has reduced and thickened.
7. Top with parsley and salt further to taste.

Recipe from:

<https://unboundwellness.com/chicken-marsala-whole30-paleo/>