



CHICKEN STROGANOFF

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20 mins

Serves: 4

INGREDIENTS

- 500g chicken mince
- 1 shallot, finely diced
- 1 tbsp garlic, crushed
- 2 tbsp potato flour
- ¼ tsp black pepper
- 1 tsp pink salt
- 1-2 tbsp coconut oil
- 250g mushrooms, thinly sliced
- 1 large onion, thinly sliced
- 2 chicken or vegetable stock cubes, crumbled
- 1 cup water
- 2 tbsp tomato paste
- 1 tbsp dextrose powder (or honey)
- 1 tbsp parsley, finely chopped
- ½ cup natural coconut yoghurt

METHOD

- In bowl, add chicken shallot, garlic, potato flour, salt and pepper and mix well.
- Roll into 2-3cm balls, about walnut size.
- Heat coconut oil in frying pan on medium high, and add chicken balls.
- Fry for 10 minutes, stirring until golden brown and cooked through. Remove and set aside.
- Into the same pan, add mushrooms and onion, and fry for 5 minutes stirring.
- Add all other ingredients and mix well.
- Simmer until mixture thickens, about 5-10 minutes.
- Serve with mashed potato or my creamy mashed cauliflower.

