

# Chicken Chasseur



**Prep Time:** 15 minutes  
**Cook Time:** 45 minutes



**Servings:** 4 servings  
(3 thighs per serving)  
**Cost/Serving:** \$4.60



## Equipment

- Can opener
- Cutting board
- Knife
- Large non-stick skillet
- Measuring cups
- Measuring spoons
- Mixing bowl
- Tongs
- Wooden spoon



## Ingredients

<b>2 tbsp</b>	(30 mL)	<b>Olive oil or canola oil</b>
<b>12 pcs</b>	(900 g)	<b>Chicken thighs, skinless and boneless</b>
<b>3 each</b>		<b>Shallots, finely chopped</b>
<b>2 cloves</b>		<b>Garlic, crushed</b>
<b>1 tbsp</b>	(15 mL)	<b>Tomato paste</b>
<b>¾ cup</b>	(180 mL)	<b>Dry white wine</b>
<b>¾ cup</b>	(180 mL)	<b>Chicken stock, no salt added</b>
<b>½ lb</b>	(225 g)	<b>White button mushrooms, quartered</b>
<b>4 each</b>	(225 g)	<b>Tomatoes, plum, diced</b>
<b>4 sprigs</b>		<b>Thyme, fresh</b>
<b>2 pcs</b>		<b>Bay leaves</b>
<b>¼ tsp</b>	(1 mL)	<b>Salt</b>
<b>½ tsp</b>	(2.5 mL)	<b>Black pepper</b>
<b>2 tbsp</b>	(30 mL)	<b>Parsley, chopped</b>



## Directions

1. Heat non-stick skillet over medium-high heat. Add 1 tbsp oil and fry chicken pieces until golden about 15 minutes, turning occasionally. Using tongs, transfer chicken to bowl.
2. Using same skillet, add remaining oil, shallot and garlic. Sauté over medium heat for 4 – 5 minutes until lightly browned.
3. Stir in tomato paste and cook for 1 minute. Add wine and chicken stock and bring to boil.
4. Return chicken to skillet and add mushrooms, tomatoes, thyme, bay leaves, salt and pepper.
5. Cook, uncovered, over medium-low heat turning chicken occasionally, until chicken is cooked and sauce is reduced, about 15-20 minutes.
6. Remove from heat and sprinkle with parsley before serving.



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## Tips

- 1) This dish is excellent served with cauliflower and potato mash.
- 2) Substitute bone-in chicken thighs for the skinless boneless chicken thighs, if desired. Remove the skin before cooking and increase cooking time in step 5 to 30-35 minutes. Add more chicken stock if needed.



## Nutrition Facts

### Valeur nutritive

Per 1 serving (454 g)  
pour 1 portion (454 g)

	% Daily Value*
	% valeur quotidienne*
<b>Calories 430</b>	
<b>Fat / Lipides 17 g</b>	23 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Monounsaturated / monoinsaturés 8 g	
<b>Carbohydrate / Glucides 12 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 6 g	6 %
<b>Protein / Protéines 49 g</b>	
<b>Cholesterol / Cholestérol 215 mg</b>	
<b>Sodium 420 mg</b>	18 %
Potassium 1150 mg	24 %
Calcium 50 mg	4 %
Iron / Fer 3.5 mg	19 %

\*5% or less is a **little**, 15% or more is a **lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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