

Creamy Chicken Thighs with Mushrooms and Chives

by Healing Family Eats

Prep time: 15 minutes

Cook time: 45 minutes

Serves 6

4-6 large chicken thighs, skin on, bone in
1 medium onion, chopped
8 oz white mushrooms, sliced
3 cloves garlic, minced
1 cup chicken bone broth
1 cup coconut cream
1 tsp arrowroot
generous pinch sea salt
white pepper to taste (Stage 1 reintroduction. Omit for elimination phase)
3 tbsp finely chopped chives
1/3 cup finely chopped curly parsley



Heat a large sauté pan until hot and add the chicken thighs, skin down. Leave untouched for 4-5 minutes until golden brown. Remove from the pan and set aside on a plate.

Pour off all but 2 tbsp of the residual fat (use for another purpose) and add the onion. Cook on a gentle heat for 6-8 minutes until softened and translucent. Add the mushrooms and cook for around 6-8 minutes until softened. Add the garlic and cook a further minute.

Pour in the bone broth and, using a wooden spoon, scrape up the sediment in the bottom of the pan and incorporate into the onions.

Stir in the coconut and bring up to a simmer. Return the chicken to the pan, cover and cook for around 20 minutes until the chicken is cooked through. Transfer to a clean warm plate.

Put the arrowroot into a small bowl and stir in 1 tbsp water. Add this to the sauce and stir for around 3 minutes until thickened. Season with sea salt and white pepper (omit for elimination phase).

Using a clean pair of tongs or spoon, return the chicken to the pan. Sprinkle over the chives and parsley and serve.

This is delicious eaten with mashed cauliflower or mashed peeled white potatoes if you have reintroduced them (Stage 3).