

Sautéed Chicken Thighs with Mushroom Sauce & Roasted Green Beans



35 minutes | 2 servings

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Grab ingredients

| | |
|---------|-----------------------------------|
| 4 fl oz | chicken or vegetable broth |
| 1 lb | chicken thighs, boneless skinless |
| 1 lb | green beans |
| ¼ lb | white mushrooms |
| | arrowroot starch/powder |
| | black pepper |
| | extra virgin olive oil |
| | salt |
| | virgin coconut oil |

Cook & enjoy

- 1 Preheat oven to 425°F.
- 2 Wash green beans and trim ends. Transfer to a sheet pan.
1 lb green beans
- 3 Drizzle green beans with oil and season with salt and pepper; toss to coat.
1 tbsp extra virgin olive oil
¼ tsp salt
⅛ tsp black pepper
- 4 Spread out evenly and place in the oven. Tossing once halfway through, roast until tender-crisp, 10-15 minutes.
- 5 Heat a skillet over medium-high heat.
- 6 In a medium bowl, mix together arrowroot, salt, and pepper.
1 tbsp arrowroot starch/powder
⅛ tsp salt
⅛ tsp black pepper
- 7 Add chicken to bowl and toss to coat.
1 lb chicken thighs, boneless skinless
- 8 Coat bottom of skillet with oil. Shake off excess arrowroot from chicken and add to skillet. Cook until browned, 2-3 minutes per side.
about 1 tbsp virgin coconut oil
- 9 Wash, dry, and halve mushrooms.
¼ lb white mushrooms
- 10 Transfer chicken to a plate and return skillet to stove. Add more oil and mushrooms. Stirring occasionally, cook until tender, 4-5 minutes.
about 1 tbsp virgin coconut oil

- 11 Return chicken to pan and add broth. Reduce heat to medium and cook until chicken is cooked through and liquid is reduced, 5-6 minutes.
4 fl oz (½ cup) chicken or vegetable broth
- 12 To serve, arrange chicken with mushroom sauce and green beans on a plate. Enjoy!