

Sautéed Chicken Thighs with Mushroom Sauce & Roasted Green Beans

35 minutes | 2 servings



Find cookware

[baking sheet pan](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[oven mitts](#)
[spatula](#)
[stainless steel skillet](#)
[tongs](#)

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!