

## Broccoli & Mushroom Chicken In Coconut Cream Sauce

### Ingredients

4 chicken thighs, cut into strips or bite-sized pieces

Salt & Pepper to taste

2 T olive oil or butter

1 medium onion chopped or sliced

2 cups broccoli florets cut into bite sized pieces

4 ounces mushrooms sliced

½ t garlic minced

1-2 cups spinach

1 cup coconut milk or coconut cream

1 T arrowroot powder or tapioca powder

¼ c cold water

### Instructions

Heat 1 tablespoon oil or butter in skillet over medium-high heat.

Season chicken with salt and pepper on both sides and cook 5-10 minutes until they begin to brown. Remove from pan.

Add more butter to pan.

Saute onions until translucent.

Add broccoli and mushroom and sauté until almost tender.

Add garlic and cook 30 seconds.

Toss in the spinach and stir just until it begins to wilt.

Pour in the cream and bring to a simmer while stirring.

Continue to stir and cook until slightly thickened.

Season with salt and pepper to taste, add the chicken back in and coat in the sauce.

Simmer 5-10 minutes.

Mix water and arrowroot or tapioca then add to the cream sauce.

Simmer a few minutes until the cream is thickened.