



## Chicken Marengo with Cauliflower Mash

Tomatoes & Mushrooms



ca. 20min



2 Servings

Named in honor of the battle where Napoleon defeated the Austrian army, Chicken Marengo has a storied past—but no one disputes its deliciousness! This speedy version uses tender boneless chicken thighs in a stew made with golden onions, sliced mushrooms, and fresh tomatoes. We serve buttery mashed cauliflower alongside to help sop up the flavorful sauce. You'll know that at least when it comes to dinner, you've won the battle.



## What we send

- 1 head cauliflower
- 10 oz pkg cubed chicken thighs
- 1 yellow onion
- garlic
- 4 oz mushrooms
- 2 plum tomatoes
- 6 oz tomato paste
- ¼ oz fresh thyme
- 1 pkt chicken broth concentrate
- ¼ oz fresh parsley

## What you need

- kosher salt & ground pepper
- ¼ cup milk<sup>1</sup>
- butter<sup>1</sup>
- olive oil
- sugar

## Tools

- medium pot
- medium Dutch oven or pot
- potato masher or fork

## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 560kcal, Fat 33g, Carbs 31g, Protein 39g



### 1. Cook cauliflower

Cut **cauliflower** into ½-inch florets, if necessary. Place in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover, reduce heat to medium-high, and cook until easily pierced with a fork, 10-12 minutes. Drain cauliflower and return to pot. Add **¼ cup milk** and **2 tablespoons butter**; cover to keep warm and allow butter to melt.



### 4. Cook onions

Add **onions** to pot with **chicken** and cook, stirring occasionally, until onions are just browned and tender, 3-5 minutes. Stir in **garlic** and **1 tablespoon tomato paste** and cook until fragrant, about 30 seconds.



### 2. Sear chicken

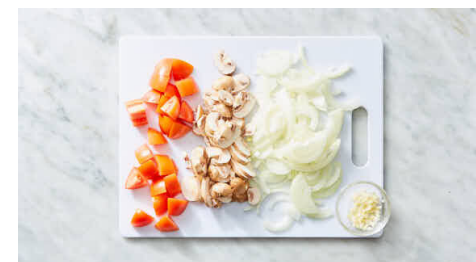
Meanwhile, pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add chicken and cook, stirring occasionally, until just browned (chicken will not be cooked through), 3-5 minutes.



### 5. Build stew

To pot with **chicken and onions**, add **mushrooms, tomatoes**, and **3 thyme sprigs**. Stir in **chicken broth concentrate**, **½ cup water**, and **¼ teaspoon sugar**. Cover and cook, stirring occasionally, until veggies are tender, about 3 minutes. Uncover and cook, stirring occasionally, until sauce is reduced by half and chicken is cooked through, 3-5 minutes more.



### 3. Prep ingredients

While **chicken** cooks, halve and thinly slice **all of the onion**. Finely chop **2 teaspoons garlic**. Thinly slice **mushrooms**. Cut **tomatoes** into 1-inch pieces.



### 6. Finish & serve

Coarsely chop **parsley leaves and stems**.

Mash **cauliflower** with a potato masher or fork; season to taste with **salt** and **pepper**. Season **stew** to taste with **salt** and **pepper**. Spoon **mashed cauliflower** onto plates and top with a few spoonfuls of **chicken stew**. Garnish with **parsley**. Enjoy!