

Chicken, mushroom & bean stroganoff



DYNAMIX
HEALTH & FITNESS

1 tsp ghee or coconut oil
1 large red onion, finely chopped
500g chicken mini fillet strips
600g button or chestnut mushrooms, quartered
400g tinned pinto beans, rinsed and drained well
400g tinned chopped tomatoes
2 tbsps tomato purée
500ml vegetable stock (made with 1 organic stock cube)
a small pinch of sea salt
a pinch of ground black pepper
1 tsp dried oregano
1 tsp dried basil
2 garlic cloves, finely chopped
100g Greek yoghurt (use dairy free if preferred), optional

SERVES 4



PER SERVING:
324 Calories
23g Carbs
49g Protein
4g Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4-5 minutes, stirring occasionally.

Add the chicken and cook for 4-5 minutes, stirring frequently.

Add the mushrooms and stir. Cover and cook for 5 minutes, stirring occasionally.

Add all of the remaining ingredients except the Greek yoghurt. Cover and bring to a gentle simmer. Cook for 15 minutes, stirring occasionally.

Remove the saucepan from the heat and allow to stand for 15 minutes, uncovered.

Stir in the Greek yoghurt (if using). Taste and add more seasoning if required. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with rice, quinoa or bulgar wheat and a leafy green salad.

