

Foodnity Recipes

Chicken Stroganoff – Mouthwatering Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- ▢ 1 ½ lbs chicken breast, cut into 1-inch cubes
- ▢ 2 cups mixed mushrooms, sliced
- ▢ 1 medium onion, finely diced
- ▢ 2 cloves garlic, minced
- ▢ 2 tbsp all-purpose flour
- ▢ 2 cups low-sodium chicken broth
- ▢ ½ cup sour cream
- ▢ ¼ cup heavy cream
- ▢ 1 tsp paprika
- ▢ 1 tbsp lemon juice
- ▢ 2 tbsp fresh dill, chopped
- ▢ 2 tbsp butter
- ▢ Salt and freshly ground black pepper to taste

For the Noodles

- ▢ 12 oz egg noodles

Instructions

1. Bring a pot of salted water to a boil and cook the egg noodles until al dente; drain and set aside.
2. In a large skillet, melt the butter over medium-high heat. Add the chicken cubes, season with salt and pepper, and sear until lightly browned, about 3-4 minutes. Remove chicken and set aside.
3. Add the diced onion to the same skillet; sauté until translucent, then stir in the garlic and sliced mushrooms. Cook until the mushrooms release their juices and turn golden, about 5 minutes.
4. Sprinkle the flour over the vegetables, stirring constantly for 1 minute to form a roux. Slowly pour in the chicken broth, whisking to avoid lumps, and bring to a gentle simmer.
5. Return the chicken to the pan, add paprika, and let the mixture simmer for another 5 minutes until the sauce thickens slightly.
6. Lower the heat, stir in the sour cream, heavy cream, and lemon juice. Heat through—no boil—just until warmed.
7. Toss the cooked noodles into the sauce, coating them well. Finish with fresh dill, adjust seasoning, and serve immediately.

Nutrition per serving

420 kcal	32 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer flavor, add a splash of white wine before the broth (omit for an alcohol-free version).
- For a brighter finish, grate a little zest of lemon over each serving.
- Feel free to swap butter for olive oil for a lighter mouthfeel.