



## Chicken Marsala with Egg Noodles & Dilled Green Beans

4 servings

### **INGREDIENTS**

1.25 lbs. chicken breast tenderloin  
1/2 tsp salt  
1/4 tsp black pepper  
(additional salt and pepper to season raw chicken before cooking--to taste)  
1/3 cup + 1 Tbsp flour  
6 Tbsp olive oil, divided  
4 Tbsp butter, divided  
16 oz mushrooms (any variety or blend), sliced  
2 Tbsp shallot or onion, minced  
2 cloves garlic, minced  
1/3 cup dry Marsala wine  
1/3 cup sweet Marsala wine  
2/3 cup beef stock  
sprig of (destemmed) fresh thyme (optional)  
6 cups dry Egg noodles (about 224 grams)  
20 oz raw Green beans, trimmed (about 600 grams)  
Fresh dill, minced (1 tsp, or to taste)

### **INSTRUCTIONS**

1. Wash mushrooms and set out to drain.
2. Mince onions and garlic. Set aside.
3. Destem thyme. Set aside.
4. Pre-measure any other necessary ingredients.
5. Warm a large pan or skillet over medium to medium-high heat.
6. Lightly sprinkle chicken with salt and pepper on both sides, then lightly dredge in the 1/3 cup flour.
7. Add 2 Tbsp olive oil and 1 Tbsp butter to pan.
8. As soon as butter melts, stir butter and oil to blend, shake excess flour from chicken, and add chicken to hot pan. Try to avoid crowding the chicken in the pan.
9. Cook chicken about 3-4 minutes per side, until golden.



# Sprout

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10. Transfer chicken to a plate and place inside oven to keep warm.
11. Add 2 Tbsp olive oil and 1 Tbsp butter to the pan. As soon as butter melts, stir butter and oil to blend, add mushrooms and stir.
12. Sauté mushrooms for 5-8 minutes, stirring occasionally. While mushrooms are sautéing, fill saucepan 2/3 full of water and heat to medium, so that the water will boil quickly when you are ready to cook your egg noodles. Keep the saucepan covered so the water doesn't evaporate.
13. In another saucepan with steamer basket, add 1-2" of water. Heat the water over medium-low, and cover.
14. Continue to Sauté the mushrooms, seasoning with the premeasured salt and pepper about half-way through cooking.
15. Remove mushrooms to plate and place inside oven to keep warm.
16. Add 1 Tbsp olive oil to pan, then add minced onions and garlic. Sauté 1-2 minutes, until soft and fragrant.
17. Sprinkle in 1 Tbsp flour and stir to coat. Cook for a minute to get the flour taste out.
18. Pour in Marsala wine and beef stock, scraping the bottom of the pan.
19. Cook, stirring often, for 2 minutes, or until sauce is slightly thickened.
20. Slide chicken and mushrooms back into the pan, making sure to get all the juices from the plate into the pan - that's pure flavor there!
21. Add 1 Tbsp butter to the center of the pan, toss in thyme if desired, then cover the pan and let cook about 2 minutes.
22. Place pan inside oven to stay warm.
23. Increase the heat to bring both saucepans to a boil.
24. Once the pot of water for noodles has come to a boil, add a scant amount of salt, and then the noodles. Boil noodles for 6-7 minutes, depending on desired consistency.
25. Once the water in the saucepan with steamer basket is boiling, add green beans and steam for 3-5 minutes.
26. When noodles have reached desired consistency, drain immediately. Add 1 Tbsp olive oil to still warm pan, then return noodles to pan. Stir to coat.
27. When green beans have reached their desired consistency, remove steamer basket from saucepan. Empty water from saucepan. Add 1 Tbsp butter to still warm saucepan. Once butter has melted, add dill, and then green beans to saucepan. Stir to coat.
28. Remove chicken from oven and serve over bed of noodles.
29. Stir sauce, and spoon over chicken.
30. Serve with side of dilled green beans.