



HOME CHEF

Swiss-Smothered Chicken

With Green Beans and Whipped Cauliflower



A tender chicken breast smothered with savory Swiss cheese, onions, and mushrooms is delightful enough, but when you throw some snappy beans in the mix with healthier whipped cauliflower standing in for potatoes, you have an on-point dinner ahead of you.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 31g
Fat: 34g
Protein: 58g
Sodium: 750mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

If you're looking for something Swiss to pair with the cheese, why not go all in on absinthe? Legend has it this anise (licorice)-flavored spirit was created by a French doctor living in Switzerland as an all-purpose remedy.

INGREDIENTS

5 oz. Cremini Mushrooms
1 Yellow Onion
2 Garlic Cloves
2 Parsley Sprigs
2 Chicken Breasts
10 oz. Cauliflower Florets
2 oz. Cream Cheese
2 Swiss Cheese Slices
2 oz. Sherry
6 oz. Green Beans

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Colander
Blender/Food Processor/
Immersion Blender
Medium Oven-Safe Pan

DID YOU KNOW?

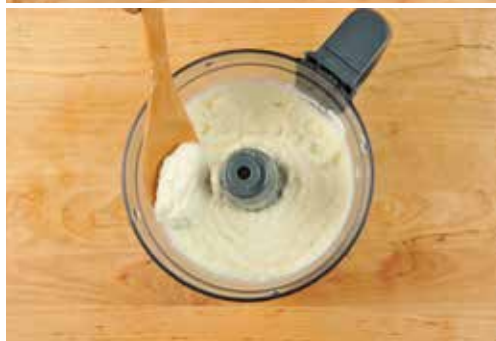
The holes in Swiss cheese are created during the aging process. The bacteria that produces the wonderful flavor and texture of Swiss cheese also produces carbon dioxide gas as a byproduct, and these bubbles of gas produce holes.

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Prepare the Ingredients

Preheat oven to 375 degrees. Bring a medium pot of **lightly salted water** to a boil. Place a colander in the sink. Thoroughly rinse produce and pat dry. Slice **mushrooms** into ¼” slices. Peel **onion** and cut into thin strips (julienne). Mince **garlic**. Stem and mince **parsley**. Rinse **chicken breasts**, pat dry, and season with a pinch of **salt and pepper**.



Make the Cauliflower Whip

Add **cauliflower** to boiling water. Reduce to a simmer and cook for 8-10 minutes, or until tender. Use a slotted spoon to remove cauliflower, leaving hot water in pot for cooking green beans. Place cauliflower, **cream cheese**, minced **garlic**, and a pinch of **salt and pepper** into a food processor or blender, or mash by hand until smooth. (Add hot water a tablespoon at a time to thin, if it feels too thick.) Set aside.



Cook the Chicken

Heat a medium oven-safe pan over medium heat. Add 2 tsp. **olive oil** and **chicken** and cook for 4-5 minutes on each side, or until browned and an internal temperature of 165 degrees is reached. Lay **Swiss cheese** over chicken, place pan in oven, and bake for 2-4 minutes, or until cheese is melted. *If you don't have an oven-safe pan, transfer chicken to a foil lined baking sheet.* Remove finished chicken to a plate and set aside.



Cook the Mushrooms and Onions

Return pan to medium heat and add 1 Tbsp. **olive oil** over medium heat. Add **mushrooms** and **onions** and cook 10 minutes, or until slightly caramelized. Add **sherry wine** and cook for 1-2 more minutes, or until all liquid is absorbed. Season with **salt and pepper** to taste. *The cooking sherry will loosen any caramelized bits of food stuck to bottom of the pan and incorporate them back into the mixture. This is called “de-glazing”.*



Cook the Green Beans

While mushrooms are cooking, bring **pot of water used for cauliflower** back to a boil. Add **green beans** and reduce to a simmer. Cook for 5-6 minutes or until green beans are tender. Strain beans and return to pot. Add 1 tsp. **olive oil** and toss until coated. Season with a pinch of **salt and pepper**.



Plate the Dish

Add a mound of **whipped cauliflower** to middle of the plate. Arrange **green beans** next to the cauliflower. Place a **chicken breast** on top of whipped cauliflower and cover with **mushrooms** and **onions**. Garnish with chopped **parsley**.