

## RECIPE

# Plant-Based Chicken Marsala

My vegan take on the Italian Classic!  
Prepared with plant-based chicken, marsala wine, shallots and overloaded with delicious mushrooms.

Serves **4**

## Ingredients

- 4 plant-based chicken cutlets
- $\frac{3}{4}$  cup all purpose flour seasoned with :
  - $\frac{1}{2}$  tsp salt,  $\frac{1}{4}$  tsp black pepper and  $\frac{1}{2}$  tsp garlic powder. Mix well and place in a bowl. This mixture is used to dust the cutlets before cooking.
- 3 Tbsp olive oil
- 1 lb baby bella mushrooms, thinly sliced
- 8 oz crimini mushrooms, thinly sliced
- 8 oz white mushrooms, thinly sliced
- 2 shallots, minced
- 5 garlic cloves, grated
- $\frac{3}{4}$  cup Marsala wine
- 1  $\frac{1}{2}$  cups vegetable broth mixed with: 1 Tbsp all purpose flour and 1 Tbsp soy sauce (this is called a slurry)
- 2 Tbsp flat leaf parsley, without stems and chopped
- salt & pepper to taste

## Preparation

1. **Season the plant-based chicken cutlets with salt & pepper.** Place the pre-seasoned flour in a bowl. Dip each piece into the flour, turning to coat and shake off any excess.
2. **In a large skillet or frying pan over medium heat, heat olive oil until hot.** Add the plant-based chicken cutlets. Cook both sides until golden brown.

Remove plant-based cutlets. Place onto a plate and set aside.

3. **Add the mushrooms to the pan, add salt & pepper to taste.** Cook mixture for 6-8 minutes, stirring occasionally with a spatula. Place a cover on the pan after 4 minutes.
4. **Add shallots and garlic.** Cook for a minute to combine all the flavors. Add Marsala wine to deglaze the pan. Reduce for 1 minute. Add vegetable broth slurry slowly into the pan, stirring slowly to combine into the mushroom mixture. Reduce sauce for 5 minutes or until it coats the back of a spoon. Place cutlets back into the pan. Add chopped parsley, reserve some for garnish.
5. **Serve & Enjoy!**

## Tips

Do not wash your mushrooms. Use a mushroom brush or a damp paper towel to clean them. You can also prepare this recipe gluten-free by using GF flour and coconut aminos or GF soy sauce.

Serve this delicious dish with spinach spaghetti or fluffy mashed potatoes to soak up the luscious Marsala sauce.