

Sheet Pan Chicken and Mushrooms

INGREDIENTS:

- 1 large shallot, thinly sliced (or green onions)
- 3 T balsamic vinegar
- 3 T olive oil (or avocado oil, ghee)
- 1 T coconut aminos
- 1 T Red Boat Fish sauce
- 1 tsp. Sea salt
- 1 ½ pounds boneless skinless chicken thighs
- 1 pound assorted mushrooms, sliced
- ¼ cup chopped fresh parsley

PROCESS:

- Preheat oven to 450 degrees F.
- Combine shallots, olive oil, vinegar, coconut aminos, fish sauce, salt in a large bowl.
- Stir well and then add the chicken to the marinade.
- Shake off extra marinade and transfer the chicken to a rimmed baking sheet.
- Now add the mushrooms to the marinade, mix well.
- Place mushrooms on the baking sheet. Arrange chicken and mushrooms in a single layer.
- Place baking sheet in the oven and roast for 25 to 35 minutes.
- When dish is done, sprinkle with fresh parsley.
- Serve with a salad for simple vegetable.

ENJOY!

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