

Tupperware®

Serves: 4 • Serving size: 2 pieces chicken + vegetables



PREP: 15 minutes
COOK: 12 minutes

27-Minute COQ AU VIN BLANC

2 carrots, chopped
5 new potatoes, quartered
1 small onion, chopped
5 mushrooms, chopped
4 garlic cloves, peeled and smashed
2 strips raw bacon, chopped
5 sprigs fresh thyme or ½ tsp. dried
¼ cup + 2 tbsp. dry white wine, divided
½ tsp. kosher salt
8 skinless, boneless chicken thighs
2 tbsp. cornstarch
½ cup fresh parsley leaves, loosely packed

1. In the base of the Microwave Pressure Cooker, combine carrots, potatoes, onion, mushrooms, garlic, bacon, thyme, ¼ cup wine and salt; stir to combine.
2. Season chicken with salt and pepper. Place chicken on top of vegetables. Seal and microwave on high power 12 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
3. Remove cover, transfer ½ cup of the cooking liquid to the 2-cup/500 mL Micro Pitcher; stir in cornstarch. Microwave on high power 30 seconds, or until thick.
4. Meanwhile, remove chicken from pressure cooker, set aside.
5. Transfer cornstarch mixture to base of pressure cooker; stir into vegetables and liquid. Stir in remaining wine and parsley. Return chicken to pressure cooker, coat with sauce. Serve warm.

Nutritional Information (per serving):
Calories: 340 Total Fat: 6g Saturated Fat: 2g Cholesterol: 75mg
Carbohydrate: 48g Sugar: 9g Fiber: 6g Protein: 27g Sodium: 470mg
Vitamin A: 110% Vitamin C: 70% Calcium: 8% Iron: 15%

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