

# Chicken & Mushroom Cacio e Pepe

## The finer details\*

### Nutritional values per serving:

Calories: 209kcal

Carbs: 8.75g

Fat: 13g

Protein: 14.5g

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## Ingredients



- 450 g chicken thighs
  - 1 onion
  - 200g mushrooms
- 100g cream cheese (with black pepper)
  - 1 tbsp cornflour
  - 1 tsp black pepper
- 50g Italian hard cheese (Pecorino Romano)
  - 2 tsp dried parmesan (optional)
  - 1 tsp Italian herbs
- 500ml chicken stock
  - 2 pinches salt
  - 2 spring onions

## Method

1. Slice the chicken, onions, mushrooms, and spring onions.
2. In the inner pot of the Foodi, air fry the onions and chicken at 180° for 10 minutes. Break up the chicken with a wooden spoon.
3. Prepare the Cacio e pepe sauce by mixing cornflour with water to form a paste. Add chicken stock, black pepper, and grated cheeses. Stir until combined.
4. Switch the Foodi to Bake mode. Pour the sauce over the chicken, add cream cheese, sliced mushrooms, and herbs. Stir and close the lid.
5. Bake at 180° for 15-20 minutes until the chicken is cooked through.
6. Open the lid, stir, and adjust the seasoning if needed. Add spring onions and salt.
7. Serve hot with paprika roasted Hassleback potatoes and a spinach salad. Alternatively, you can serve it with cooked pasta instead of potatoes.

### Easy swaps:

Chicken thighs for breast.

Mushrooms for broccoli.

Flavoured cream cheese for plain.

Italian hard cheese for mature cheddar.

Italian herbs for mixed.

Foodi for oven.

### Tips:

Conventional oven 200° for 30 mins, or Fan 190° for 30 mins. It would work well on the hob too.

Flash fry the onion and chicken, add the sauce, and remaining ingredients then simmer for 30 mins or until cooked.