

# Red Wine Mushroom Chicken with Creamy Polenta

Golden chicken and earthy mushrooms simmer in a savory red wine sauce until tender. Serve over soft, buttery polenta for a comforting one-person main dish.



Main Dish

35 min

Total time

Medium

Difficulty

620

kcal / serving

Nutrition per serving (estimated)

Protein 38 g

Carbs 52 g

Fat 25 g

Fiber 5 g · Sugar 5 g · Sodium 820 mg

Ingredients

- 1 boneless, skinless chicken thigh (about 150 g)
- 60 g quick-cooking polenta
- 120 ml dry red wine
- 100 g cremini mushrooms, sliced
- 180 ml chicken broth, divided
- 1 small shallot, finely chopped
- 1 tsp olive oil
- 1 tsp butter
- 1 tsp chopped fresh thyme
- 1 tbsp grated Parmesan
- Salt and black pepper

Substitutions

**Chicken thigh** – Boneless, skinless chicken breast; check for tenderness sooner, as it may cook faster.

**Cremini mushrooms** – Button mushrooms, sliced.

**Dry red wine** – Dry white wine for a lighter, less robust sauce.

**Chicken broth** – Vegetable broth.

Drink pairing

A medium-bodied red like a Rioja

Its ripe fruit and gentle savory notes complement the mushrooms and wine-rich chicken sauce without overpowering the polenta.

0% option: Sparkling water with a splash of tart cherry juice.

Steps

- 1 Season the chicken with salt and pepper. Heat the olive oil in a small skillet over medium heat and brown the chicken on both sides, about 3 minutes per side; transfer to a plate.
- 2 Add the shallot and mushrooms to the skillet. Cook, stirring, until the mushrooms soften and begin to brown, about 4 minutes.
- 3 Pour in the red wine and scrape up the browned bits. Simmer until reduced by about half, around 3 minutes.
- 4 Add the chicken and 60 ml broth. Cover and simmer gently until the chicken is cooked through and tender, about 12–15 minutes. Stir in the thyme and butter.
- 5 Meanwhile, bring the remaining 120 ml broth and 120 ml water to a boil in a small saucepan. Slowly whisk in the polenta and cook, stirring, according to its package timing, until smooth and thick. Stir in the Parmesan and season to taste.
- 6 Spoon the polenta into a bowl and top with the chicken, mushrooms, and wine sauce.

Chef's tips

- Choose a dry, medium-bodied red wine you would enjoy drinking; heavily oaked or sweet wine can make the sauce taste cloying.
- Use a skillet wide enough to brown the chicken without crowding so it develops a flavorful golden surface.
- Polenta thickens as it sits; have a splash of broth ready if you want to loosen it before serving.

Storage

Refrigerate leftovers within 2 hours in a sealed container and use within 3–4 days. Reheat the chicken and sauce until steaming hot; polenta may need a splash of broth to loosen.

## Frequently asked questions

### How do I know when the sauce is reduced enough?

It should look glossy and slightly concentrated, with enough liquid to coat the mushrooms and chicken rather than pooling like broth.

### Can I prepare any part ahead?

You can slice the mushrooms and chop the shallot earlier in the day; keep them covered in the refrigerator until cooking.

### What should I serve alongside it?

A crisp green salad or simply steamed green beans add freshness alongside the rich sauce and creamy polenta.