

Ketogenic Chicken & Broccoli Fry



For a fuss-free easy meal, try the flavorful low-carb gorgeously browned chicken & crisp broccoli fried in yummy butter. Just 1 skillet, 20 minutes & dinner's ready!

Ingredients for 2 serving (US/Metric)

- 2 cup Broccoli
- 235g / 8.3oz Chicken Thighs
- 6 tbsp Butter
- 6 tbsp Mayonnaise

Nutrition (US/Metric)

- Protein: 16%
- Fat: 82%
- Net carbs: 2%

Instructions

1. Begin by rinsing the broccoli. Then, trim off the tough ends and chop the florets & stem into bite-size pieces.
2. Place a wide skillet on the stove over medium heat. Add a big dollop of butter and let it heat.
3. Now, season both sides of the chicken piece and put it on the pan. Fry each side for 5 minutes over medium heat till it turns golden brownish.
4. Next, add some butter and transfer the prepped broccoli into the pan alongside the chicken. Fry for 2 minutes.
5. Season the broccoli & chicken as desired! Finally, relish with the leftover butter.