

Low-carb Alfredo Baked Chicken



The recipe includes chicken & low-carb vegetables baked with an Alfredo-style sauce. Relish directly or with steamed broccoli or green salad.

Ingredients for 2 serving (US/Metric)

- 288g / 10.2oz **Chicken breast**
- 1 *tblsp* **Butter**
- 46g / 1.6oz **Leek**
- 49g / 1.7oz **Baby Bella Mushrooms**
- 10.5 *tblsp* **Heavy cream**
- 2 *tblsp* **Parmesan cheese**
- 1.5 *tblsp* **Olive oil**
- 2 *pieces* **Garlic Cloves**
- **Herb Mix**
- **Fresh parsley**

- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 30%
- **Fat:** 65%
- **Net carbs:** 4%

Instructions

1. Set oven for preheating at 390°F.
2. Place a large pan at medium-high heat and drizzle the olive oil.
3. Add the diced chicken into the hot oil, stir fry until cooked, and then transfer to a baking dish. Spread evenly!
4. Wipe clean the pan, lower heat to medium and add butter.
5. As the butter melts, add the sliced mushrooms, leeks, and minced garlic. Cook for 4 minutes by stirring gently.
6. Put the cream cheese, mix till it melts.
7. Add the cream, along with the herbs, salt, & pepper. Mix and simmer for 5-6 minutes until sauce thickens.
8. Pour the creamy sauce in the baking dish over the chicken layer. Shower parmesan on top.
9. Bake for 18-20 minutes till appetizingly golden.
10. Take the dish out of the oven and serve garnished with fresh parsley!