

Low-carb Fried Chicken and Roasted Veggie Platter



Why choose between veggies and chicken when you can have them both in this enticing platter of pan-fried chicken and golden roasted veggies!

Ingredients for 2 serving (US/Metric)

- 233g / 8.2oz **Brussels sprout**
- 78g / 2.8oz **Cherry tomatoes**
- 99g / 3.5oz **Baby Bella Mushrooms**
- 4 *tsp* **Dried Rosemary**
- 399g / 14.1oz **Chicken breast**
- 1.5 *tbsp* **Butter**
- 3.5 *tbsp* **Garlic Herb Butter**

- **Salt & pepper to taste**
- *2 tbsp* **Olive oil**

Nutrition (US/Metric)

- **Protein:** 40%
- **Fat:** 55%
- **Net carbs:** 5%

Instructions

1. Set the oven for pre-heating at 400°F (200°C).
2. Transfer all the vegetables (as a whole, no need to cut) to a baking tray. Drizzle the olive oil; sprinkle rosemary, salt, & pepper. Mix well to coat the veggies evenly.
3. Put the tray in the oven. Bake for 20 minutes till the veggies turn light golden.
4. While the veggies bake, pan-fry the chicken with butter and salt pepper seasoning. To check the doneness of the chicken, insert a digital thermometer till it reaches the center of the largest piece and reads 165°F (74°C).
5. Finally, transfer the perfectly fried chicken to a serving dish. Put the roasted veggies on the side and enjoy!