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!