

Pan-Fried Chicken with Crunchy Nuts



Make this golden pan-fried chicken breast served with boiled broccoli and crunchy macadamia nuts which is often served to top-notch athletes for breakfast!

Ingredients for 2 serving (US/Metric)

- 433g / 15.3oz **Chicken breast**
- 1 *cup* **Broccoli**
- 92g / 3.2oz **Macadamia nuts**

Nutrition (US/Metric)

- **Protein:** 42%

- **Fat:** 56%
- **Net carbs:** 2%

Instructions

1. Grease a non-stick pan and let it heat at medium on the stove.
2. Place the chicken breast on the hot greased pan and cook each side for 4-5 minutes till they turn golden brownish.
3. Boil the broccoli in a pot along with a little salt for a few minutes till tender.
4. Serve the fried chicken breast with broccoli & macadamia nuts. Bon Appétit!