

# 5 Easy Keto Chicken Recipes



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# Garlic & Lemon Chicken One-Pot Bake

## Ingredients:

32 oz chicken drumsticks.  
1/2 cup parsley (fresh and finely chopped).  
7 garlic cloves (finely sliced).  
1 lemon (juiced).  
2 oz butter.  
2 tbsp olive oil.  
1 tsp black pepper.

## Instructions:

Preheat oven at 225 degrees.  
Grease a baking tray and pack with chicken drumsticks.  
Add black pepper and drizzle over lemon juice and olive oil.  
Sprinkle garlic and parsley around the tray.  
Bake for 40-45 minutes until cooked through and golden brown.

## Nutritional Information:

Total servings - 4  
Per serving:  
Fat: 42g  
Carbohydrates: 3g  
Protein: 42g  
Calories: 544

# Spicy Cheesy Chicken Stew

## Ingredients:

32 oz chicken thighs (skinless, boneless and chopped).  
16 oz cauliflower (florets).  
1 leek (finely sliced).  
3/4 cup sour cream.  
1/2 cup cream cheese.  
1/2 lemon (juiced).  
7 oz cheddar cheese (grated).  
4 oz cherry tomatoes (halved).  
1 1/2 oz butter.  
3 tbsp green pesto.  
1/2 tsp black pepper.  
1/2 tsp chilli flakes.

## Instructions:

Preheat oven at 200 degrees.  
In a bowl, mix sour cream and cream cheese with lemon juice, pepper and pesto.  
In a large frying pan, heat butter and add chicken; fry until cooked through and golden brown.  
Place chicken in a large ovenproof dish and pour over cream mixture.  
Top the chicken with leeks, tomatoes and cauliflower.  
Bake for 20 minutes and then sprinkle with cheese; bake for an additional 15 minutes until cheese is melted and golden brown.

## Nutritional Information:

Total servings - 6  
Per serving:  
Fat: 64g  
Carbohydrates: 7g  
Protein: 39g  
Calories: 743

# Chunky Chicken Salad & Garlic Dressing

## Ingredients:

16 oz chicken thighs (boneless).  
12 oz iceberg lettuce (chopped).  
8 oz bacon (chopped).  
4 oz cherry tomatoes (finely sliced).  
1 oz butter.  
3/4 cup mayonnaise.  
1/2 tbsp garlic powder.  
1/2 tsp black pepper.

## Instructions:

In a large frying pan, fry bacon in butter until crispy. Remove bacon from the pan, leaving bacon grease in the pan.

Season chicken with black pepper and fry until browned and cooked through.

In a small bowl, mix together mayonnaise and garlic powder until well combined.

In a large bowl, mix lettuce, tomatoes and bacon. Place chicken on top and drizzle over garlic dressing.

## Nutritional Information:

Total servings - 4

Per serving:

Fat: 79g

Carbohydrates: 4g

Protein: 30g

Calories: 839

# Chicken & Veg Assortment

## Ingredients:

2 chicken breasts (skinless & cubed).  
1 cup assorted peppers (chopped).  
1 cup broccoli (florets).  
1/2 cup cherry tomatoes (halved).  
1/2 red onion (chopped).  
2 tbsp olive oil.  
1/2 tsp black pepper.  
1/2 tsp Italian seasoning.  
1/2 tsp paprika.

## Instructions:

Preheat oven at 250 degrees.  
In a frying pan, part cook chicken until lightly browned.  
In a large ovenproof dish, place part cooked chicken and all the vegetables.  
Drizzle with olive oil and sprinkle over black pepper, paprika and Italian seasoning; toss until all vegetables and chicken are coated.  
Bake for 15-20 minutes until chicken is cooked through and vegetables are slightly charred.

## Nutritional Information:

Total servings - 2  
Per serving:  
Fat: 17g  
Carbohydrates: 6g  
Protein: 19g  
Calories: 239

# Mediterranean Zesty Chicken Pot

## Ingredients:

4 chicken breasts (boneless & skinless).  
2 garlic cloves (crushed).  
1/2 red onion (chopped).  
1 cup chicken broth.  
1/2 cup thick cream.  
2 tbsp coriander (finely chopped).  
2 tbsp lime juice (fresh).  
1 tbsp olive oil.  
1/2 tsp chilli flakes.

## Instructions:

Heat oil in a large frying pan and cook chicken 8-10 minutes until cooked through. Remove chicken from the pan and cover to keep warm.  
In the same frying pan, cook the onions and garlic for 1 minute.  
Pour in chicken broth, lime juice, chilli flakes and coriander. Gently bring to the boil for 8-10 minutes.  
During the last 2 minutes, whisk in the cream. Turn off heat and return chicken to the pan for 2-3 minutes.

## Nutritional Information:

Total servings - 4  
Per serving:  
Fat: 16g  
Carbohydrates: 3g  
Protein: 16g  
Calories: 184



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