Keto Chicken Salad

An easy and delicious chicken salad.

Yum

Votes: **2**
Rating: **5**
You:

Course	Main Dish, Salad
Cuisine	Asian
Keto Recipes	Keto Main Courses, Keto Salads

Servings	Prep Time	Cook Time
2 SERVINGS	10 MIN	10 MIN

Ingredients

- 2 — Boneless & Skinless Chicken Thighs
- 1 Box/Bag — Ready to eat salad mix
- 1/2 Tsp — Black Sesame Seeds
- 1/2 Tsp — White Sesame Seeds
- 1 Tsp — Curry Powder I recommend this
- 1/2 Tbsp — Extra Virgin Olive Oil I recommend this
- 1 Tbsp — Peanut Butter (Natural and with no added sugar) I recommend this
- 1 Tbsp — Water
- 1 Tsp — Soya Sauce I recommend this
- 1 Tsp — Lemon Juice
- — Stevia to taste
- — Salt & Pepper to taste
- — Coriander for Garnish
- 2 Tsp — Avocado Oil (for frying)

Servings: [2] servings

Units: [Metric ▼]

Instructions

1. Place some cling flim/plastic wrap over the chicken thighs and beat them with the flat side of a meat mallet till they are nice and even. Season on both sides with salt, pepper and curry powder.

---

2. Heat the avocado oil in a skillet and once smoking hot add the chicken and fry for about 3 minutes on each side till golden brown and fully cooked. Then set it aside on a plate to rest.

---

3. To make the dressing microwave the peanut butter and water for 30 seconds and then whisk till you get a nice runny mixture. Add in the soya sauce, lemon juice, olive oil, stevia and salt and pepper and mix well. Also add in the resting juices from the chicken.

---

4. Now please note, all stevia has a different level of sweetness so you want to add about 1/2 tsp equal of sugar. So with erythritol it's normally 1:1 ratio as sugar so you'd use 1/2 tsp of erythritol if you use that instead of stevia.

----

5. To assemble the salad just open up your mixed salad bag. You can alternatively just chop some lettuce, cabbage, baby spinach and a few cherry tomatoes to make your own mix. Pour over the dressing and then the black and white sesame seeds.

----

6. Chop the chicken and add that on the salad and finish with some coriander.