

# Low-Carb Mediterranean Chicken Risotto

Hands-on 15 minutes Overall 30 minutes

**Nutritional values (per serving, about 2 cups):** Total carbs: 10.2 g, Fiber: 4 g,

**Net carbs: 6.2 g,** Protein: 42.9 g, Fat: 33.4 g, Calories: 513 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 1 small head cauliflower (480 g/ 16.9 oz)
- 4 medium chicken breasts, skinless and boneless (600 g/ 1.3 lb)
- 1/4 cup heavy whipping cream *or* [coconut milk](#) (60 ml/ 2 fl oz)
- 1/2 cup pesto (125 g/ 4.4 oz) - *you can* [make your own pesto](#)
- 2 cloves garlic, crushed
- 1 1/2 tsp fresh lemon zest
- 2 tbsp freshly chopped such as basil, oregano and thyme *or* 1-2 tsp dried herbs
- 2 tbsp [ghee](#) *or* virgin [coconut oil](#) (30 ml)
- sea salt and black pepper, to taste
- Optional:* 4 tbsp grated parmesan cheese, or to taste for topping

## Instructions

1. Prepare the [cauliflower rice](#). Remove the leaves and the hard centre core of the cauliflower and cut into florets. Wash the cauliflower and drain well. Once dry, grate with a hand grater or in a food processor with a grating (or regular) blade. Pulse until it looks like rice. A grating blade will make it look closer to real rice.
2. Dice the chicken into medium pieces and place on a pan greased with a tablespoon of ghee, butter or coconut oil.
3. Cook for about 15 minutes. When done, set aside.
4. Meanwhile, peel and mash the garlic and zest the lemon. Make sure you use organic, unwaxed lemons.
5. Grease another pan with the remaining ghee, butter or coconut oil and add the mashed garlic and lemon zest. Cook briefly over medium heat until light golden.
6. Add the cauli-rice, increase the temperature to medium-high and cook for about 5 minutes stirring frequently. The time depends on how soft you prefer the "cauli-rice" to be. Add the pesto, chopped herbs and cream (or coconut milk). Cook for another 1-2 minutes and set aside. Season with freshly ground black pepper and salt.

7. If you eat dairy products, add the parmesan cheese and mix well. Serve immediately or store in the fridge for up to 4 days.

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