

Creamy Low-Carb Chicken Chasseur

Hands-on 20 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 6.6 g, Fiber: 1.4 g, **Net carbs: 5.2 g,**

Protein: 31.7 g, Fat: 24 g, Calories: 422 kcal,

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



Ingredients (makes 4 servings)

4 chicken bone-in thighs (about 500 g/ 1.1 lb) - *will yield about 60% meat*

4 chicken bone-in drumsticks (about 500 g/ 1.1 lb) - *will yield about 60% meat*

1 cup sliced mushrooms (70 g/ 2.5oz)

1 medium onion, sliced (110 g/ 3.9 oz)

2 1/2 tbsp sugar-free tomato passata (40 ml)

1 cup + 1 tablespoon white wine (250 ml)

1 tsp minced garlic

1 1/2 tbsp chopped tarragon

2 cups good quality chicken stock (480 ml)

1/2 cup heavy pouring cream (120 ml), or coconut cream for dairy-free

1 tbsp lemon juice

1 tsp xanthan gum (*see note below for alternatives*)

Serving suggestion: 1 to 1 1/2 cups cauli-rice per serving

Note for primal: you can use 1 teaspoon of glucomannan powder (use just like you would xanthan gum), or 1-2 tablespoons of ground chia seeds sprinkled over the surface and mixed in the sauce until it thickens.

Instructions

1. Heat a deep sided pan on the stove and brown the chicken pieces in batches until golden in colour. Remove chicken and place aside.
2. Using the same pan, gently cook the onions, mushrooms, garlic and tarragon until softened.
3. Add the tomato passata, white wine, lemon juice and cream and stir through. Add the chicken stock, place the pan back on the heat until it reaches a gentle boil.
4. Reduce to a simmer and whisk in the xanthan gum. Once gum is combined and sauce is thickening, return the chicken to the pan

and cook gently until chicken is cooked through.

5. Serve on a bed of herbed cauliflower rice.

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