

# Easy Keto Thai Skillet Chicken

Hands-on 20 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 12.7 g, Fiber: 3.6 g, **Net carbs: 9.1 g**,

Protein: 26.5 g, Fat: 64.3 g, Calories: 725 kcal,

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



## Ingredients (makes 4 servings)

- 2 tbsp [ghee](#) or [coconut oil](#) (30 g/ 1.1 oz)
- 4 large (or 6-8 small) bone-in chicken thighs, trimmed excess fat and skin (800 g/ 1.76 lb) - or use 600 g/ 1.3 lb boneless
- 2 cloves garlic, minced
- 1/3 cup chopped brown or white onion (56 g/ 2 oz)
- 1 large green pepper, sliced (170 g/ 6 oz)
- 1 cup [chicken stock](#) (240 ml/ 8 fl oz)
- 1 cup [coconut milk](#) (240 ml/ 8 fl oz)
- 1 heaping tbsp Thai curry paste (20 g/ 0.7 oz) - you can [make your own](#)
- 2 tbsp fresh lime juice
- salt and pepper to taste
- 4 cups [cauliflower rice](#) (480 g/ 16.9 oz)

*Optional topping:* cilantro, sliced red chili pepper, lime juice

*Bone-in chicken takes longer to cook than boneless but adds flavour and keeps the meat juicy. If you need to cut down fat (and calories), substitute half a cup of [coconut milk](#) with half a cup of [chicken stock](#).*

## Instructions

- Trim the excess skin and fat off the thighs. You can store the excess skin in the freezer and once you have enough, make [Crispy Chicken Cracklings](#). Pat dry the chicken thighs and season with salt and pepper.
- Heat a large pan greased with a tablespoon of ghee or coconut oil over a high heat. Once hot, add the chicken thighs in a single layer, skin side down. Cook over a medium-high heat for 5 minutes. Then, turn on the other side and cook for another 3 minutes. Remove the chicken from the pan and set aside on a plate.
- Grease the pan with the remaining ghee. Add sliced onion and garlic and cook for 2-3 minutes, until fragrant.
- Add sliced green pepper and cook for another minute.

- Pour in chicken stock and coconut milk. Add Thai curry paste and lime juice. Season with salt and pepper to taste.
- Place the chicken, skin side up, back in the pan and cook for about 10 minutes. Then, place the pan under a broiler to crisp up for 3-5 minutes.
- Remove from the oven and let it cool for 5 minutes.
- Serve with [cauliflower rice](#) (steamed or pan-roasted), and optionally garnish with sliced chili peppers, lime juice and cilantro.

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