Extra Crispy Lemon & Thyme Chicken

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving, 2 thighs): Total carbs: 1.1 g, Fiber: 0.1 g, **Net carbs: 1 g**, Protein: 28.2 g, Fat: 61.3 g, Calories: 677 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

8 chicken thighs, deboned (800 g / 1.76 lb)

1 tbsp freshly chopped thyme *or* 1 tsp dried thyme

2 tbsp fresh lemon juice

1 tsp fresh lemon zest

2 cloves garlic, minced

2 tbsp extra virgin olive oil

2 tbsp ghee, lard *or* coconut oil, you can make your own ghee

1 tsp salt (I like pink Himalayan salt)

1/4 tsp freshly ground black pepper

Optional: serve with Keto Ranch Dressing, Homemade Ketchup or Spicy Chocolate BBQ Sauce

Nutrition facts are estimated: Olive oil is only used for marinating. Most of the fats remain in the pan, so I only counted 50% of the ghee.

Instructions

1. Start by preparing the chicken thighs. Use a sharp knife or kitchen shears and cut out the bone without leaving too much meat on it. You can also trim the excess fat off but I prefer not to trim mine :-) *Reserve the bones for making chicken stock or keto bone broth. I keep mine in a bag in the freezer until I just have enough to make a batch.*
2. Place the thighs on a chopping board skin side up and use a meat pounder to flatten it so that the thickest parts can cook through. Layer the thighs in a bowl and add the seasoning: lemon juice, lemon zest, olive oil, thyme, minced garlic, salt and pepper. Mix to cover evenly from all sides. Place in the fridge to marinate for at least an hour or overnight.
3. Remove from the fridge and place the thighs on a paper towel to remove excess moisture. Use another piece of paper towel to pat dry the tops. It's better if you remove all the spices used for marinating from the skin to prevent the it from burning. You can leave them on the meaty side of the thigh.
4. Heat a large skillet greased with ghee over a medium-high heat. Place the chicken thighs *skin side down* in the skillet in a single layer. Cook undisturbed for 7-10 minutes (I cook mine for 8 minutes). Rotate the pan half way through to ensure even cooking. Then turn the chicken thighs the other side using kitchen tongs or a fork. Cook for another 2-3 minutes or until cooked through. *Pan-frying the chicken will be messy. The best way to prevent the oil from getting everywhere over your stove is to use a spatter guard.*
5. Transfer to a cooling rack placed over a baking sheet so the juices can drip down. Let the thighs rest for a few minutes before serving.
6. Repeat for the remaining thighs and enjoy!

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