

# Keto Creamy Mushroom Chicken Skillet

Hands-on 15 minutes Overall 25-30 minutes



**Nutritional values (per serving, 1 chicken breast + mushroom sauce):** Total carbs: 9 g,

Fiber: 1.2 g, **Net carbs: 7.8 g**, Protein: 51 g, Fat: 49.5 g, Calories: 691 kcal,

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

## Ingredients (makes 2 servings)

- 2 medium skinless chicken breasts (400 g/ 14.1 oz)
- sea salt and pepper, to taste
- 3 tbsp [ghee](#) or avocado oil (45 ml)
- 1 small yellow onion, diced (70 g/ 2.5 oz)
- 2 cloves garlic, minced
- 2 cups sliced brown mushrooms (144 g/ 5 oz)
- 1/2 cup creme fraiche or sour cream (120 g/ 4.2 oz)
- 3/4 cups [chicken stock](#) or [bone broth](#) (180 ml/ 6 fl oz)
- 1 tbsp fresh chopped herbs such as parsley, thyme, basil, and/or chives)

*Optional:* serve with zucchini noodles - [here's how to prepare them](#)

## Instructions

- Season the chicken breasts with salt and pepper from both sides. If the breasts are too thick, flatten the thickest parts with a mallet.
- Grease a skillet with 1 tbsp of ghee or avocado oil. Add the chicken breasts and cook on medium-high for about 5 minutes without moving, or until golden brown.
- Flip on the other side, cook for about a minute, and then reduce the heat to medium. Cover with a lid and cook for about 10 minutes, or until the thickest part of the chicken is cooked through. (If you use a meat thermometer, the temperature should reach about 75 °C/ 165 °F.) Remove from the skillet and set aside.
- Grease the skillet where you cooked the chicken with the remaining ghee. Dice the onion and mince the garlic. Add the onion to the skillet and cook on medium-high until fragrant, for about 5 minutes.
- Meanwhile, slice the mushrooms. Add the sliced mushrooms and cook for 2 to 3 minutes mixing a few times.
- Add the stock and bring to a boil. Cook for a few minutes, until the mushrooms are tender. If you're using [zucchini noodles](#) as a side, this is when I add the chopped zucchini cores to the skillet. If you

want your sauce to be thick and creamy, cook for a little longer to reduce it.

- Add the creme fraiche (or sour cream) and stir to combine. Cook for another 2 minutes. Add the fresh chopped herbs.
- Finally, add back the chicken breasts and cook for a few minutes just to heat through.
- Optionally, serve with zucchini noodles — [here's how to prepare them](#), or with shirataki noodles for a lower carb option ([here's how to prepare shirataki noodles](#)).

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