

Keto Curried Chicken Hand Rolls

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per hand roll): Total carbs: 3.2 g, Fiber: 1.1 g, **Net carbs: 2.1 g**,

Protein: 23.1 g, Fat: 17.8 g, Calories: 266 kcal,

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



Ingredients (makes 4 hand rolls)

Dressing:

1/3 cup sour cream *or* creme fraiche *or* [mayonnaise](#) (75 g/ 2.7 oz)

2 cloves garlic, minced

2 tsp grated fresh ginger

1/2 tsp chili powder

1/2 tsp curry powder

1/4 tsp [turmeric powder](#)

1/2 tsp salt (I like [Pink Himalayan](#))

freshly ground black pepper

Hand Rolls:

1 1/2 cups cooked chicken, shredded (210 g/ 7.4 oz)

1/4 cup freshly chopped chives *or* spring onion

4 [nori seaweed sheets](#)

4 large eggs

2 tbsp [ghee](#) *or* [coconut oil](#) (30 g/ 1.1 oz)

Instructions

1. Prepare the dressing by mixing all the ingredients: sour cream (or mayo for dairy-free), minced garlic, grated fresh ginger, chili powder, curry powder, turmeric, salt and pepper.
2. Place the cooked chicken in a bowl and add the dressing and freshly chopped chives or spring onion. Combine well using a fork and set aside.
3. Meanwhile, prepare the omelettes. Crack one egg at a time into a bowl and season with salt. Whisk briefly and pour in a hot pan greased with some ghee. Cook until the top is firm and opaque and then transfer into a plate. Repeat for the remaining three eggs and grease the pan slightly between each omelette. The shape doesn't have to be perfectly round.
4. Assemble the rolls. Place one omelet on top of each nori sheet and

top with a quarter of the curried chicken.

5. Using your hands, starting from the bottom left corner, tightly roll into a cone shape. Wet the edges of the seaweed to seal. Repeat with the remaining ingredients. Eat immediately or store in the fridge for up to 3 days. The nori sheets get soft so if you prefer the wraps crispy, assemble the rolls just before serving. Enjoy!

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