

Low-Carb Chicken & Herb Terrine

Hands-on 30 minutes Overall 12 hours

Nutritional values (per serving): Total carbs: 3.1 g, Fiber: 0.6 g, Net carbs: 2.6 g,

Protein: 29.2 g, Fat: 12 g, Calories: 243 kcal,

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



KetoDietApp.com

Ingredients (makes 6 servings)

480 g chicken thighs, skin removed (17 oz)

1 chicken breast, skin removed (120 g/ 4.2 oz)

1 leek, pale green and white ends, finely sliced (90 g/ 3.2 oz)

2 cloves garlic, minced

2 tsp fresh thyme

1 tbsp chopped sage

2 tbsp butter or ghee or duck fat (28 g/ 1 oz)

1 large egg

3 medium mushrooms, sliced thinly (57 g/ 2 oz)

1 cup fresh spinach, finely sliced (30 g/ 1.1 oz)

1/2 tsp sea salt or pink Himalayan salt

1/4 tsp black pepper

12 slices Prosciutto di Parma (180 g/ 6.4 oz)

Tips:

Just before serving, drizzle with extra virgin olive oil

Serve with a bowl of dressed greens and sliced vegetables such as radishes, cucumber, red onion, tomatoes and peppers.

Instructions

1. Place half of the chicken thighs into a food processor and blend until minced. Cut the remaining chicken thighs into 1cm / 1/2 inch cubes. Cut the chicken breasts into 1 cm / 1/2 inch cubes. Place chicken in a large mixing bowl and combine well.
2. Melt butter in small frypan and add leeks, garlic and herbs. Cook until softened and then put leek mixture aside in a bowl to cool.
3. Place mushrooms into frypan and cook until nicely browned (you may need to add a touch of olive oil or ghee). Once browned, place in bowl to cool.
4. Wilt spinach in same frypan and place aside to cool.

5. Add the leek mixture and the egg to the chicken and mix well. Season with salt and pepper.
6. Meanwhile, heat oven to 180 °C/ 355 °F. Line your loaf tin with foil, leaving plenty of overhang (I like to add one long folded piece at the bottom to use as a “handle” when it comes time to lift the terrine out). Lay the prosciutto slices in the loaf tin, leaving some edges overhanging.
7. Spoon half of the chicken mixture in and press down hard. Scatter the mushrooms ...
8. ... and spinach over the top. Add the rest of the chicken mixture and press down well.
9. Slowly fold the prosciutto over the top of the chicken, followed by the foil. Bake in the oven for 1 hour.
10. When cooked, remove from the oven and place in the sink. Using another loaf tin, press down hard on top of the terrine to release any juices.
11. Place a weight on top of the terrine (I used a foil wrapped brick but you can place two cans of tomatoes etc. into a loaf tin on top).
12. Sit terrine tin on a shallow tray and place in the refrigerator with the weight on top overnight.
13. When ready, remove the terrine from its tin and carefully remove the foil. There will be an aspic-like gel around the terrine, you can wipe this away with a damp paper towel.
14. Slice the terrine and enjoy cold. Serve drizzled with extra virgin olive oil and a bowl dressed greens or sliced low-carb vegetables. Store in the fridge for up to 4 days.

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