

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: 29.7 g, Fat: 12 g, Calories: 246 kcal,

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



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

- 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.
- 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.
- 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.
- Wilt spinach in same frypan and place aside to cool.
- Add the leek mixture and the egg to the chicken and mix well. Season with salt and pepper.
- Meanwhile, heat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). 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.
- Spoon half of the chicken mixture in and press down hard. Scatter the mushrooms.
- Add spinach over the top. Add the rest of the chicken mixture and press down well.
- Slowly fold the prosciutto over the top of the chicken, followed by the foil. Bake in the oven for 45 to 60 minutes.
- 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.
- 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).
- Sit terrine tin on a shallow tray and place in the refrigerator with the weight on top overnight.
- 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.
- 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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