

# Low-Carb Chicken Fricassee

Hands-on 20 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 12.5 g, Fiber: 3.4 g, **Net carbs: 9.1 g**,

Protein: 32.4 g, Fat: 48.6 g, Calories: 642 kcal,

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



## Ingredients (makes 4 servings)

- 500 g chicken thighs, thinly sliced (1.1 lb)
- 1/2 tsp salt or to taste (I like [pink Himalayan](#))
- 4 tbsp [ghee](#) or duck fat (60 g/ 2.1 oz)
- 1 small white or yellow onion, diced (70 g/ 2.5 oz)
- 2 cloves garlic, minced
- 1 medium celery stalk, sliced (40 g/ 1.4 oz)
- 1 cup sliced white mushrooms (70 g/ 2.5 oz)
- 2 tbsp fresh lemon juice (30 ml/ 1 fl oz)
- 1/2 cup [chicken stock](#) or [bone broth](#) - you can [make your own](#) (120 ml/ 4 fl oz)
- 1/2 cup dry white wine or more stock (120 ml/ 4 fl oz)
- 1 bay leaf, crumbled
- 1 tsp paprika
- 1 cup heavy whipping cream or [coconut milk](#) (240 ml/ 8 fl oz)
- 4 large egg yolks
- 2 tbsp freshly chopped herbs such as parsley, tarragon or thyme
- 4 cups uncooked cauliflower rice (480 g/ 16.9 oz) - [here's how to "rice" cauliflower](#)
- freshly ground black pepper

## Instructions

1. Cut the chicken into medium pieces and season with salt. Heat a large casserole dish or skillet greased with 2 tablespoons of ghee over a medium-high heat. Add the chicken slices and cook until browned from all sides, for 6-8 minutes.
2. Once browned, using a slotted spoon, transfer to a bowl and set aside. Work in batches if needed - do not overfill the pan.
3. Add another tablespoon of ghee in the pan where you cooked the chicken. Add diced onion and minced garlic. Cook until lightly browned and fragrant, for 2-3 minutes. Then, add the sliced celery

stalks and mushrooms. Reduce the heat to medium and cook for a minute.

4. Add the lemon juice, chicken stock, white wine, crumbled bay leaf and paprika. Bring to a boil and cook for about 5 minutes.
5. Meanwhile, whisk the cream with the egg yolks. Slowly drizzle the egg & cream mixture into the pan while mixing and cook until thickened, for 1-2 minutes. Then, add freshly chopped herbs (reserve some for garnish). *Don't waste the egg whites! Keep them for making any of my [keto bread recipes](#) or [Sugar-Free Meringues](#).*
6. Put the browned chicken back into the casserole, combine and cook for 1-2 minutes. Once cooked, set aside.
7. In another large pot, cook the cauliflower rice. Grease the pot with the remaining tablespoon of ghee. Add the "riced" cauliflower (see my [step-by-step guide](#) on how to "rice" cauliflower). Season with salt and pepper and cook for 5-7 minutes, stirring occasionally.
8. When done, serve the chicken with the cauliflower rice and garnish with the reserved parsley.

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