

Whole 30 Keto Poached Chicken with Lemon Sauce

Hands-on 5 minutes Overall 25 minutes

Nutritional values (per serving, 1 chicken breast + broccoli & sauce): Total carbs: 10.8 g,

Fiber: 3.7 g, **Net carbs: 7.2 g**, Protein: 48.9 g, Fat: 32.8 g, Calories: 531 kcal,

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



Ingredients (makes 2 servings)

2 chicken breasts, skinless and boneless (400 g/ 14.1 oz)

1 bunch broccolini *or* 1 small broccoli (250 g/ 8.8 oz)

2 cloves garlic, crushed

1/2 tsp whole peppercorns

2 tbsp chopped parsley

1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)

2 tbsp fresh lemon juice (30 ml)

sea salt to taste

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Instructions

1. Trim the chicken of any fat, and add to a medium pan with the peppercorns and garlic, and cover with water by about 5 centimetres (2 inches). You will be adding the broccolini, and need to add enough water to cover this also.
2. Bring to a simmer on low-medium heat uncovered. This should take around 8-10 minutes.
3. Once simmering, add the lid and cook covered, 10–15 minutes until cooked through - this will depend on the thickness of the chicken.
4. Cut the ends off the broccolini, and cut in half. Add the broccolini (or broccoli florets) to the chicken in the last 4-5 minutes of the cooking time, enough for the broccoli to get crisp-tender.
5. In a small bowl, whisk the olive oil with the lemon juice and salt to taste. Stir through the chopped parsley.
6. To serve, slice the chicken against the grain.
7. Serve with the broccolini and the lemon sauce. Eat immediately or store in the fridge for up to 3 days.

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