

# Sesame Chicken with Broccoli

🕒 30 min    🍽️ 4 servings

559 Kcal / serving

24g Protein    47g Fat    15g Carbs

## Ingredients

- Chicken, dark meat, thigh, meat and skin, with added solution, raw, 12 oz (340 g)
- Sesame seeds, 3 tbsp (27 g)
- Almond flour baking blend, 3.75 Tbsp (30 g)
- Raw Egg, 2 egg (86 g)
- Heavy Cream, 1 cup (233 g)
- Broccoli, 0.5 head (298.5 g)
- Soy Sauce, 3 tbsp (54 g)
- Red Pepper, 0.5 red bell pepper (60 g)
- Olive Oil, 2 tbsp (26 g)
- Garlic, 1 garlic clove (4 g)
- Ground Ginger, 1 teaspoon (3 g)



## Instructions

1. Wash chicken breasts and pat dry. Season with salt and pepper.
2. Cut into 1" cubes. Coat in egg and then coat in 2TBSP almond flour and allow to sit for 15 minutes.
3. Prepare the broccoli in advance. Heat a saucepan with water and bring to a boil.
4. Drop in broccoli florets and turn off heat. Allow to cook in hot water for 2 minutes so broccoli is bright green.
5. Drain in colander and set aside.
6. Heat oil in a heavy duty pot. Once oil reaches 180C, drop in chicken pieces and fry until fully cooked and browned on the outside, about 7 minutes.
7. Drain with a slotted spoon and set aside on some paper towel..
8. In a separate wok pan, heat oil over medium heat. Add garlic and ginger and soy sauce and cook until fragrant, taking care not to burn.
9. Add cream whisk to combine. Add in red pepper flakes, sesame seeds and sweetener.
10. Add rest of the flour and cook for 3 minutes to thicken.

11. Drop fried chicken pieces into sauce and stir to thoroughly coat the chicken. Sprinkle sliced green onions on top.

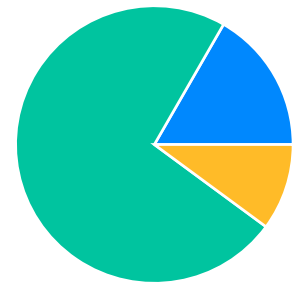
12. Plate chicken, and broccoli onto 4 plates and serve.

## Comments

Keto, Low Lactose, Gluten Free.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2234.9	192.4	558.7
Protein [g]	96.2	8.3	24.1
Fat [g]	187.7	16.2	46.9
Carbs [g]	58.3	5	14.6
Fiber [g]	15.6	1.3	3.9
Net Carbs [g]	42.7	3.7	10.7



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	658.6	56.7	164.7
Iron, Fe [mg]	14.9	1.3	3.7
Magnesium, Mg [mg]	274.7	23.7	68.7
Phosphorus, P [mg]	1269	109.3	317.3
Potassium, K [mg]	2356	202.8	589
Sodium, Na [mg]	4008.3	345.1	1002.1
Zinc, Zn [mg]	9.7	0.8	2.4
Vitamin A, RAE [ug]	1356.8	116.8	339.2
Vitamin E [mg]	11.2	1	2.8
Vitamin D [ug]	6.1	0.5	1.5
Vitamin C [mg]	345.5	29.7	86.4
Thiamin [mg]	0.8	0.1	0.2
Riboflavin [mg]	2	0.2	0.5
Niacin [mg]	21.5	1.9	5.4

Vitamin B6 [mg]	2.4	0.2	0.6
Vitamin B12 [ug]	3.2	0.3	0.8
Vitamin K [ug]	329.7	28.4	82.4