



## Keto Sesame Chicken with Broccoli



- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 35 minutes
- Cost per Serving: \$3.50
- Calories per Serving: ~380 kcal



## Ingredients :

- Chicken Thighs: 1 lb, boneless and skinless, cut into bite-sized pieces (you can use chicken breasts if you prefer)
  - Broccoli: 2 cups, cut into small florets
  - Salt & Pepper: To taste
  - Olive Oil: 2 tablespoons, for sautéing
  - Sesame Seeds: 1 tablespoon, for garnish (optional, but adds a nice crunch!)
- For the Sauce
- Soy Sauce (or tamari for gluten-free): 1/4 cup
  - Rice Vinegar: 1 tablespoon
  - Sesame Oil: 1 tablespoon, for that rich sesame flavor
  - Garlic: 2 cloves, minced
  - Ginger: 1 teaspoon, freshly grated for extra zing
  - Low-Carb Sweetener (like erythritol or monk fruit): 1 tablespoon
  - Xanthan Gum: 1/4 teaspoon, to thicken the sauce

## Preparation :



- 1-Prep the Chicken: Season the chicken pieces with a pinch of salt and pepper. This simple step makes sure the chicken is flavorful all the way through
  - 2-Cook the Chicken: Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the chicken pieces and cook for 6-8 minutes, stirring occasionally, until golden and cooked through. Transfer the chicken to a plate and set aside.
  - 3-Sauté the Broccoli: In the same skillet, add the remaining olive oil and the broccoli florets. Sauté for 4-5 minutes, until the broccoli is bright green and tender-crisp. You want it to keep a bit of crunch! Remove the broccoli from the skillet and set aside with the chicken.
  - 4-Make the Sauce: Reduce the heat to medium. In the skillet, combine soy sauce, rice vinegar, sesame oil, minced garlic, grated ginger, and the low-carb sweetener. Stir well and let the sauce simmer for about 2 minutes. Sprinkle in the xanthan gum and whisk until the sauce thickens slightly.
  - 5-Combine Everything: Add the chicken and broccoli back to the skillet and toss everything together in the sauce, making sure each piece is well-coated. Sprinkle with sesame seeds for a final touch of flavor and texture.
- Serve hot, either as-is or over a bed of cauliflower rice for a complete keto-friendly meal. Enjoy each flavorful, sesame-infused bite!