

3 KETO RECIPES FROM CHICKEN BREAST

Ingredients

butter

Oregano

white pepper

pinch of salt

100 g cooking cream

250 g cauliflower

Ginger powder

powdered onion

Garlic powder

Paprika

white pepper

Salt

50 g butter

200 g sesame flour

2 eggs

250 g chicken breast

اسكالوب :

Qashqwan Cheese

Ginger powder

Garlic powder

Carey

white pepper

salt

butter

Four mushrooms

Small onion

Red pepper /green/yellow

250 g chicken breast

Fajita

butter

pinch of salt

Sprinkle of garlic powder

Four fresh mushrooms

Ingredients

100 g cooking cream

mushroom sauce

Oregano

Salt and pepper

Oregano

zucchini

carrots

Broccoli

Sautéed vegetables:

Salt and pepper to taste

2 cloves garlic

1 teaspoon green thyme

50 g butter

250 g chicken breast

Chicken steak:

Directions

Chicken steak recipe with mushroom sauce and sauteed vegetables: In a saucepan we put water and leave it until it boils, then add the carrots, zucchini and leave them for four minutes, then add broccoli for a minute, then put the vegetables in ice water. In a frying pan, put butter and leave it until it melts, then add the chicken breast with the addition of salt and black pepper. After three minutes, we turn the chicken breast to the other side with the addition of green thyme and garlic in the pan, after that we remove the chicken breast from the pan and put the boiled vegetables in the pan with the addition of a little From butter, salt, oregano and white pepper and stir for two minutes. For mushroom sauce, we cut the mushrooms and put them in a frying pan containing melted butter and add cooking cream with a pinch of salt, garlic powder, kashkaval cheese and leave it for a little. After that, in a serving dish, we cut the chicken breast and put the vegetables and sauce next to it

Chicken Fajita Recipe: In a bowl, put the chopped chicken breast and add white pepper, ginger, garlic powder, curry, soy sauce and lemon juice and mix well. In a frying pan, put the chicken breast with butter for five minutes, then add the chopped onions, chopped colored peppers and chopped mushrooms and leave them for a little. In an oven tray, put the chicken breast with the vegetables, add the cheese on top and put it in the oven for five to ten minutes. Chicken escalope recipe: In a frying pan, put olive oil, add sesame flour, and roast it a little. In a plastic bag, place the chicken breast slices and poke a little. In a bowl, put salt, garlic powder, black pepper, paprika, onion powder, ginger and mix them together, then add half the amount of these spices to the eggs and mix, and the second part we add to the sesame flour. After that, she dips the chicken breast in the eggs and then in sesame flour. Then we put the chicken breast in the baking tray with the addition of butter on top and put it in the oven at a temperature of 200 for 20 minutes. After that, we boil the cauliflower in water with a little salt. Then put the cauliflower in a pan with the addition of butter, a pinch of salt, oregano, white pepper and cooking cream. After that we put the cauliflower in the returned and we mash it well. Thus, it becomes ready to be served.

C H E F O M A R

Bon Apetit!