

## Garlic-Thyme Chicken with Green Beans

Serves 2

- 1 T extra-virgin olive oil
- 2 (140g) boneless, skinless chicken thighs, trimmed
- ½ tsp chopped fresh thyme, divided
- Pinch salt
- ⅛ tsp ground pepper
- 340g green beans, trimmed
- 2 cloves garlic, minced
- 2 T water



1. Heat 1 T **oil** in a large skillet over **medium heat**.
2. Season **chicken** thighs with ¼ tsp **thyme** and ⅛ tsp each **salt** and **pepper**. Cook, flipping once, **6-7 min per side** until golden and cooked through.) Transfer to a plate; leave any drippings in the skillet.
3. Add **green beans**, minced **garlic** and the remaining ½ teaspoon **thyme** and a pinch of **salt**. Add 2 tablespoons **water**, scraping up brown bits.
4. Cover and cook, stirring occasionally, until the beans are crisp-tender, **4 to 5 minutes**.

Calories = 456.1kcal  
Protein = 40.4g  
Fat = 26.9g  
Sat. Fat = 5.8g  
Carbs = 14.0g  
Sugars = 5.7g  
Fiber = 6.0g  
Sodium = 133mg

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### Fiber-Rich Veggie Add-Ins

#### 1. Kinpira Gobō (burdock root & carrot)

- **Fiber:** Gobō ~5.7 g/100 g, Carrot ~2.8 g/100 g
- **How to use:** Use ready-made kinpira mix, or julienne fresh gobō and carrot and sauté with garlic and thyme before adding the beans.
- **Flavor:** Earthy and sweet-savory — goes well with chicken.

#### 2. Kabocha

- **Fiber:** ~3.5 g/100 g
- **How to use:** Dice small and pre-steam or microwave slightly, then sauté in the skillet with garlic. Adds heartiness and natural sweetness.
- **Note:** Helps round out the plate without overpowering the dish.

#### 3. Snap peas or snow peas

- **Fiber:** ~2.5–3.0 g/100 g
- **How to use:** Toss in with the green beans — no prep needed beyond trimming.
- **Texture:** Crisp-tender, nice color and crunch.

#### 4. Cabbage or hakusai (napa cabbage)

- **Fiber:** ~1.9–2.5 g/100 g
- **How to use:** Thinly slice and add at the end with a splash of water to lightly wilt.
- **Note:** Mild and blends well with garlic and pan juices.

#### 5. Maitake or shiitake mushrooms

- **Fiber:** ~2.7 g/100 g (maitake); ~2.5 g/100 g (shiitake)
- **How to use:** Sauté in the chicken drippings before adding the beans.
- **Bonus:** Adds umami depth.

## 6. Canned lentils or kuromame (black soybeans)

- **Fiber:** Lentils ~7.9 g/100 g, Kuromame ~6–7 g/100 g
  - **How to use:** Add 2–3 tablespoons per person to the finished pan for a protein + fiber combo.
  - **Note:** Kuromame is traditional, slightly sweet when pre-cooked — balance with garlic and herbs.
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### Suggested Tweak Plan

- Keep most of the green beans, but:
  - Add **50 g sliced gobō and carrot** (kinpira-style)
  - Add **50 g mushrooms** (sautéed after chicken)
  - Optional: mix in **100 g cooked canned lentils**

**Estimated fiber gain:** +4–6 g per serving

(New total: around **10–12 g** fiber per serving, much more balanced)