

Garlic Chicken & Broccoli with Lemon

Yield: 2 servings

Ingredients

Chicken

- 2 boneless, skinless chicken breasts – about **420–450 g total**, patted dry
- Black pepper – to taste
- *Optional:* very light sprinkle of salt or **Kevala coconut aminos (1 tsp)** for seasoning

Cooking base

- Olive oil – **2 tbsp + 1 tbsp (divided) = 45 ml total**
- Unsalted butter – **10 g (about 2 tsp)**

Vegetables & flavor

- 1 small head broccoli (about **340 g**), cut into bite-size florets and stem sliced diagonally ($\frac{1}{2}$ cm thick)
- Garlic – **4 small cloves (8–10 g total)**, finely chopped
- Anchovy fillets in oil – **2 small (≈ 10 g)**, drained and finely chopped (*for umami instead of salt*)
- Lemon juice – **2 tbsp (30 ml)**, freshly squeezed
- Water – **60 ml ($\frac{1}{4}$ cup)**

Finishing

- Parmesan cheese – **5–10 g**, finely grated or shaved



Instructions

1. Season the chicken:

Pat chicken dry. Lightly season with black pepper and, if desired, brush or sprinkle with **1 tsp coconut aminos** instead of salt. Let rest 5–10 minutes at room temperature.

2. Sear the chicken:

In a large (30 cm) skillet with a lid, heat **2 tbsp olive oil + 10 g butter** over medium-high.

When sizzling, add the chicken smooth side down.

Cover loosely to contain splatter and cook until golden, about **3 minutes**.

Flip, cover, reduce heat to medium-low, and cook **5 minutes** more.

3. Add broccoli:

Tuck the broccoli around the chicken.

Cover again and continue cooking until the chicken is just cooked through (internal temp 74°C) and broccoli is bright green and tender, about **6–8 minutes**.

Remove chicken to a cutting board and broccoli to a serving plate.

4. Make the pan sauce:

Add the remaining **1 tbsp olive oil** to the pan.

Stir in the chopped garlic and anchovies; cook over medium heat for **about 1 minute**, until fragrant and lightly sizzling.

Add **60 ml water** and **30 ml lemon juice**, scraping up browned bits from the pan. Simmer 1–2 minutes, then remove from heat.

5. Serve:

Slice chicken diagonally and arrange with the broccoli.

Spoon the pan sauce over everything, then top with **grated or shaved Parmesan**.

✦ Notes & Suggestions

- **Anchovies** replace salt beautifully and deepen umami — you won't taste "fishiness."
- **Broccoli substitutes (seasonal)**: asparagus, snap peas, or lightly steamed spinach work well.
- For a more *Mediterranean* twist, add a few halved cherry tomatoes during the sauce step.
- For an *Asian-inspired* variation, substitute the anchovy with **1 tsp miso** and use **yuzu juice** instead of lemon.

Estimated Nutrition (Per Serving)

Nutrient	Amount
Calories	~420 kcal
Protein	~43 g
Fat	~25 g
Saturated Fat	~5 g
Carbohydrates	~8 g
Sugars	~3 g
Fiber	~3 g
Sodium	~360 mg
Omega-3	~0.2 g