

## Lemon Chicken & Genmai Skillet

Yield: 2 servings



### Ingredients

#### Chicken

- Boneless, skinless chicken breasts – **2 small** (≈ **320–350 g total**), trimmed
- Italian seasoning – **1 tsp**, divided
- Black pepper – to taste
- *Optional:* **½ tsp Kevala coconut aminos** or pinch of salt
- Olive oil – **2 tbsp (30 ml)**

#### Aromatics & Base

- Red onion – **50 g**, finely chopped
- Garlic – **3 cloves (≈ 10 g)**, finely chopped
- Fresh thyme – **½ tsp**, chopped (plus a few leaves for garnish)
- Crushed red pepper – **⅛ tsp**
- Cooked genmai (Japanese brown rice) – **260–280 g cooked (≈130 g uncooked)**
- Chicken broth – **100 ml low-sodium**, or **water + 1 tsp coconut aminos**
- Plain Greek yogurt – **50 g (instead of heavy cream)**
- Fresh spinach leaves – **80 g**, stems removed and roughly chopped

#### Finishing

- Parmesan cheese – **20 g**, grated
- Lemon zest – **1 tsp (from ½ lemon)**
- Lemon juice – **1½ tbsp (22 ml)**
- Olive oil – **1 tsp**, for finishing (optional)

### Instructions

#### 1. Prepare the chicken

Slice each breast in half horizontally to create 4 thin cutlets. Pat dry and season with **½ tsp Italian seasoning**, black pepper, and a few drops of coconut aminos.

#### 2. Sear the chicken

Heat **1 tbsp olive oil** in a large skillet over **medium heat**. Sear chicken **3–4 minutes per side**, until golden and cooked through (internal temp ~74°C). Remove to a plate and loosely cover.

#### 3. Sauté aromatics

In the same skillet, add the remaining **1 tbsp olive oil**. Add **red onion, garlic, thyme, red pepper flakes**, and the remaining **½ tsp Italian seasoning**. Cook over **medium-low heat** for **2–3 minutes**, until softened and fragrant.

#### 4. Build the sauce & rice base

Add cooked **genmai**, **100 ml broth**, and **Greek yogurt (50 g)**.

Reduce heat to **low**, and stir continuously for **2 minutes** until creamy —

*Tip: Avoid boiling after adding yogurt; keep it below simmer to prevent curdling. If it thickens too quickly, loosen with a spoon of warm water.*

#### 5. Add spinach & lemon

Stir in **spinach**, allowing it to **wilt gently (2–3 minutes)**.

Add **lemon zest**, **juice**, and **Parmesan**; stir until creamy and glossy.

#### 6. Combine & serve

Slice the cooked chicken diagonally and place on top of the rice mixture.

Cover for **2 minutes off-heat** to let flavors meld.

Drizzle lightly with olive oil and garnish with thyme leaves.

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#### Optional Additions for Umami & Seasonal Flavor

- **Mushrooms:** Add **60–80 g shimeji or maitake** with the onion and garlic.
- **Vegetable alternative:** Baby komatsuna or blanched nanohana instead of spinach.
- **Flavor depth:**  $\frac{1}{2}$  tsp **white miso** stirred into the yogurt before adding for mild umami and creaminess.
- **Nuts:** Sprinkle **10 g toasted pine nuts or walnuts** before serving for texture and Omega-3s.

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#### Estimated Nutrition (Per Serving)

Nutrient	Amount
Calories	~460 kcal
Protein	~40 g
Fat	~18 g
Saturated Fat	~4 g
Carbohydrates	~32 g
Sugars	~4 g
Fiber	~4 g
Sodium	~360 mg
Omega-3	~0.25 g

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#### Notes

- Greek yogurt gives a lighter, tangy creaminess compared to heavy cream — keep heat gentle to avoid curdling.
- The genmai base stays firmer than Western rice, offering good texture and fiber.
- Works beautifully as a one-pan meal, or add a **simple green salad with lemon vinaigrette** for balance.

