

Eat Happy Kitchen
Anna Vocino

LEMON BROCCOLI CHICKEN

(Serves 3-4)

INGREDIENTS

- 4 tablespoons olive oil, divided
- 1 12-ounce bag of broccoli florets, cut into smaller pieces (or use one head of broccoli)
- 1 1/4 cups chicken broth (best to use homemade)
- 3-4 chicken breasts, trimmed of fat
- Salt and pepper for seasoning
- 1/4 cup coconut flour
- 1 tablespoon butter
- 1 shallot, finely chopped, 1/2 cup heavy cream
- 1 teaspoon Worcestershire sauce (check the label for no sugar added)
- Juice of 1/2 lemon
- 1/2 cup freshly grated parmesan

INSTRUCTIONS:

Heat 2 tablespoons olive oil in a large oven-safe skillet until very hot (but not smoking). Add broccoli and cook until you start to get sear marks, turning after 1 minute. Add 1/4 cup of the chicken broth, cover pan, and cook until broccoli starts to get tender and bright green, about 5 minutes. Place broccoli in a bowl and clean out the skillet.

Season chicken breasts with salt and pepper. Place coconut flour in a shallow bowl, lightly flour the chicken breasts. Heat 2 tablespoons olive oil in your skillet until hot, but not smoking. Cook chicken until browned on each side, about 3–4 minutes per side. Move chicken aside to a plate.

Reduce skillet heat to medium, add in butter and shallots, cooking 30 seconds, but don't let the butter burn. Add in remaining chicken broth, the heavy cream, and Worcestershire sauce. Bring to a boil while scraping up any chicken bits. Return the chicken to the skillet, coating the pieces in the sauce. Let simmer on medium heat for an additional 10 minutes, flipping halfway through.

Turn your broiler onto high. Remove chicken from skillet, cut into smaller pieces. Season your sauce with salt and pepper, continue to cook your sauce until it is reduced and thickened, about 7–8 minutes. Remove the skillet from the heat, whisk in half of the parmesan and the lemon juice. Season again, if necessary, with salt and pepper. Return the chicken and broccoli pieces to the pan and mix into sauce. Sprinkle remaining parmesan on top. Broil for 5–7 minutes until parmesan is golden. Serve immediately.