MEDITERRANEAN · LUNCH

Butter-Basted Chicken Thigh Salad with Feta and Olives

25 min · Serves 2 · 460 kcal a serve · Video 10:24 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · No nuts listed

Skinless thigh meat, feta and an olive-oil yoghurt dressing give 23 g protein for about 5 g net carbs a serve, and it is rich in vitamin K, selenium and vitamin B12.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients 18 · SERVES 2

- [ ] **Chicken thigh**: 175 g chicken leg and thigh meat (boneless, skinless)
- [ ] 1 tsp **dried herb mix** (sugar-free, e.g. Italian)
- [ ] ½ tbsp **apple cider vinegar**
- [ ] ½ tbsp **olive oil**, for the marinade
- [ ] ½ tbsp **bacon fat**, for frying (or olive oil, butter or ghee)
- [ ] ½ tbsp **butter**, for basting
- [ ] 100 g **green lettuce**, chopped
- [ ] 1 small **tomato** (50 g), sliced
- [ ] 100 g **cucumber**, peeled and sliced
- [ ] 30 g **green olives**, roughly chopped
- [ ] 50 g **feta**, crumbled
- [ ] 1 tbsp **full-fat Greek yoghurt**, for the dressing
- [ ] 2 tbsp **olive oil**, for the dressing
- [ ] 1 tsp **lime or lemon juice**
- [ ] a little chopped **coriander or parsley**
- [ ] a pinch of **cayenne pepper**
- [ ] **salt**, to taste
- [ ] **freshly cracked black pepper**

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the chicken with salt, pepper and the dried herbs, then toss with the vinegar and ½ tbsp olive oil. Cook it straight away or leave it to marinate a while. 0:51
2. Heat the bacon fat in a cast-iron pan until hot, add the chicken and cook 2–3 minutes until golden underneath. 1:52
3. Flip the chicken, add the butter and baste the meat with it as it melts until cooked through. Lift onto a plate, pour the pan butter over and rest 10 minutes. 2:20
4. For the dressing, whisk the yoghurt, 2 tbsp olive oil, about 1 tbsp of the chicken's resting juices and the lemon juice; season with salt, pepper and cayenne and stir in the coriander. 4:48
5. Put the lettuce in a bowl, arrange the tomato, cucumber and olives on top and crumble over the feta. 6:03
6. Slice the chicken, add it to the salad and pour the dressing over. 6:32

> **Tip** Chicken breast works too but cooks faster. Any cheese you like can replace the feta.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
460 kcal	23 g	7.2 g
1,920 kJ	45% of a day	4.7 g net · 3.6 g sugars
		3% of a day

FIBRE	FAT	SODIUM
2.5 g	38 g	920 mg
9% of a day	12 g saturated	40% of a day
	49% of a day	

Energy from net carbs 4% · protein 20% · fat 76% — fits keto: 4.7 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin K 68% · Selenium 38% · Vitamin B12 37% · Vitamin A 35% · Zinc 25% · Vitamin E 25% · Vitamin B6 25% · Folate 23% · Omega-3 22%

Source of (10–19%) Calcium 14% · Iron 12% · Potassium 10% · Magnesium 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=xed2EfO9BRc, published 5 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chicken-thigh-feta-olive-salad