FRENCH · DINNER

Chicken Thighs in Creamy Mustard Sauce

27 min · Serves 2 · 700 kcal a serve · Video 6:43 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · No nuts listed

Skin-on thighs in a butter, cream and mustard sauce: about 50 g protein and roughly 4 g net carbs a serve, with most of the energy from fat and no added sugar.

Diet notes: Keto (4.3 g net carbs a serve).

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Ingredients 14 · SERVES 2

- [ ] 4 **chicken thighs**, bone-in and skin-on
- [ ] 1/2 tsp **salt**
- [ ] 1/2 tsp **black pepper**
- [ ] 1/2 tsp **smoked paprika**
- [ ] 1 tbsp **olive oil**
- [ ] 1 tbsp **butter**
- [ ] 30 g **red onion**, chopped
- [ ] 10 g **garlic**, chopped
- [ ] 1 tbsp **white wine vinegar**
- [ ] 100 ml **chicken stock**
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 tsp **wholegrain mustard**
- [ ] 50 ml heavy (double) cream
- [ ] 1 tbsp chopped **fresh parsley**

Allergens found in the listed ingredients: Milk, Mustard, 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 thighs on both sides with the salt, pepper and smoked paprika. 0:28
2. Heat a heavy pan over medium-high heat, add the olive oil and lay the thighs in skin side down. Leave them 4–5 minutes until the skin is crisp and releases, flip, cook 1–2 minutes more and lift them out (they finish cooking later). 0:54
3. Melt the butter in the same pan, add the onion and garlic and cook gently until soft and translucent. 2:41
4. Deglaze with the vinegar and chicken stock, scraping up the browned bits, then stir in both mustards. 3:15
5. Return the thighs skin side up, cover and simmer on low for about 8 minutes, until cooked through. Lift the chicken onto plates. 3:55
6. Stir the cream and parsley into the pan, bring to a bubble and spoon the sauce over the chicken. 4:22

> **Tip** Leg pieces work the same way. Serve with steamed greens or cauliflower mash to keep it keto. Keeps 2 days in the fridge.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
700 kcal	51 g	5.2 g	0.9 g	53 g	950 mg
2,930 kJ	101% of a day	4.3 g net · 1.8 g sugars	3% of a day	19 g saturated	41% of a day
		2% of a day		68% of a day	

Energy from net carbs 2% · protein 29% · fat 69% — fits keto: 4.3 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Selenium 90% · Vitamin B6 43% · Zinc 40% · Vitamin K 37% · Vitamin A 30% · Vitamin B12 29% · Omega-3 23%

Source of (10–19%) Iron 16% · Vitamin E 15% · Potassium 13% · Magnesium 13%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=ema-gt_N0io, published 5 October 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-thighs-creamy-mustard-sauce