3 KETO RECIPES FROM CHICKEN BREAST

Ingredients
butter
Oregano
white pepper
pinch of salt
100 g cooking cream
250 g cauliflower
Ginger powder
powdered onion
Garlic powder
Paprika
white pepper
Salt
50 g butter
200 g sesame flour
2 eggs
250 g chicken breast
اسكالوب :
Qashqwan Cheese
Ginger powder
Garlic powder
Carey
white pepper
salt
butter
Four mushrooms
Small onion
Red pepper /green/yellow
250 g chicken breast
Fajita
butter
pinch of salt
Sprinkle of garlic powder
Four fresh mushrooms

Ingredients
100 g cooking cream
mushroom sauce
Oregano
Salt and pepper
Oregano
zucchini
carrots
Broccoli
Sautéed vegetables:
Salt and pepper to taste
2 cloves garlic
1 teaspoon green thyme
50 g butter
250 g chicken breast
Chicken steak:

Directions
Chicken steak recipe with mushroom sauce and sauteed vegetables: In a saucepan we put water and leave it until it boils, then add the carrots, zucchini and leave them for four minutes, then add broccoli for a minute, then put the vegetables in ice water. In a frying pan, put butter and leave it until it melts, then add the chicken breast with the addition of salt and black pepper. After three minutes, we turn the chicken breast to the other side with the addition of green thyme and garlic in the pan, after that we remove the chicken breast from the pan and put the boiled vegetables in the pan with the addition of a little From butter, salt, oregano and white pepper and stir for two minutes. For mushroom sauce, we cut the mushrooms and put them in a frying pan containing melted butter and add cooking cream with a pinch of salt, garlic powder, kashkaval cheese and leave it for a little. After that, in a serving dish, we cut the chicken breast and put the vegetables and sauce next to it Chicken Fajita Recipe: In a bowl, put the chopped chicken breast and add white pepper, ginger, garlic powder, curry, soy sauce and lemon juice and mix well. In a frying pan, put the chicken breast with butter for five minutes, then add the chopped onions, chopped colored peppers and chopped mushrooms and leave them for a little. In an oven tray, put the chicken breast with the vegetables, add the cheese on top and put it in the oven for five to ten minutes. Chicken escalope recipe: In a frying pan, put olive oil, add sesame flour, and roast it a little. In a plastic bag, place the chicken breast slices and poke a little. In a bowl, put salt, garlic powder, black pepper, paprika, onion powder, ginger and mix them together, then add half the amount of these spices to the eggs and mix, and the second part we add to the sesame flour. After that, she dips the chicken breast in the eggs and then in sesame flour. Then we put the chicken breast in the baking tray with the addition of butter on top and put it in the oven at a temperature of 200 for 20 minutes. After that, we boil the cauliflower in water with a little salt. Then put the cauliflower in a pan with the addition of butter, a pinch of salt, oregano, white pepper and cooking cream. After that we put the cauliflower in the returned and we mash it well. Thus, it becomes ready to be served.

C H E F O M A R

Bon Apetit!