



KETO French Garlic Chicken

By: Urvashi Pitre (Easy KETO In 30 Minutes)

Ingredients:

- 2 tsp herbes de Provence
- 2 tsp extra-virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1/2 tsp kosher salt
- 5.1 tsp black pepper
- 6.3 cloves garlic, minced
- 1 lb. boneless, skinless chicken thighs
- 2 tbsp butter
- 8 cloves garlic, chopped
- 1/4 cup heavy whipping cream

Instructions

1. In a medium bowl, combine the herbes de Provence, olive oil, mustard, vinegar, salt, pepper, and 3 cloves of garlic. Whisk well to emulsify the olive oil and vinegar

2. Add the chicken breasts and massage to coat. Marinate at room temperature for 10 minutes or cover and refrigerate for up to 24 hours.
3. Heat a large heavy-bottomed skillet over medium heat; add the butter. Once the butter is melted, add the 8 cloves of chopped garlic and saute for 2 to 3 minutes.
4. Add the chicken, leaving behind as much of the marinade as possible. (Do not discard the marinade.) Cook until chicken is lightly browned on one side, 3 to 5 minutes
5. Add the reserved marinade and 1/4 cup of water. Cover and cook for 10 minutes. (For safety with the marinade, the sauce must come to a complete boil while cooking, but reduce the heat as necessary to continue simmering) Use a meat thermometer to ensure the chicken has reached an internal temperature of 165F
6. Transfer the chicken to a serving platter. Add the whipping cream to the pan and stir to combine. Bring to a simmer and cook until slightly thickened, about 5 minutes.
7. Pour the sauce over the chicken and ENJOY!