



## Baked Rosemary Lemon Chicken with Broccoli

**Active Time:** 10 minutes | **Total Time:** 40 minutes | **Serves:** 1

### Nutrition Information Per Serving

595.4 calories, 16.35 g carbohydrate, 5.06 g fiber, 11.29 g NET carbs, 37.81 g protein, 43.4 g fat

#### Ingredients

- 1/2 tsp(s) Real Salt
- 2 cup(s), chopped organic broccoli
- 1 whole organic lemon, juice and zest
- 2 thigh(s) pastured chicken
- 1 Tbsp avocado oil
- 1/2 Tbsp.(s) fresh organic rosemary, chopped

#### Preparation

1. Preheat oven to 375 degrees F.
2. Season the chicken thighs with salt and the rosemary.
3. Heat a large, ovenproof skillet over medium high heat and add the chicken.
4. Sear until browned on all sides. Add the broccoli to the skillet and coat with the oil in the pan.
5. Drizzle the lemon juice over top, and bake for 30-35 minutes until chicken is cooked through and broccoli is tender.
6. Sprinkle with the lemon zest before serving.

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