



Ginger Lime Chicken and Broccoli

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

333 calories, 5.34 g carbohydrate, 0.1 g fiber, 5.24 g NET carbs, 41.49 g protein, 16.38 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 Tbsp fresh lime juice
- 1 Tbsp coconut oil
- 6 ounce(s) pasture-raised chicken breast, cut into strips
- 1 tsp fresh grated ginger
- 1 cup broccoli florets

Preparation

1. Mix the lime juice and ginger in a small bowl.
2. Season the chicken with salt and rub the ginger mixture over it.
3. Heat the coconut oil over medium heat and cook the chicken until golden brown and cooked through. Set aside and keep warm.
4. Steam the broccoli over a pot of water to crisp-tender.
5. Serve the steamed broccoli alongside the chicken.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.