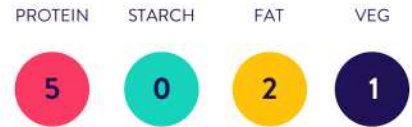


Low Carb Chicken Parm

PORTIONS PER SERVING



INGREDIENTS

250 grams Chicken, breast, skinless, boneless
 2 teaspoons Italian seasoning
 1/4 teaspoons Paprika
 1/4 teaspoons Onion powder
 1/2 cups halved Red peppers
 2 teaspoons Tomato paste
 100 grams Tomato puree
 1/4 diced Onions, white
 1 clove finely chopped Garlic
 1/2 teaspoons optional Chili flakes
 50 grams Mozzarella cheese, reduced fat
 1 tablespoon Parsley, fresh
 1 cup Broccoli
 1 Lemons, whole/fresh

METHOD

1. Char your red pepper directly under a very hot grill or on a gas flame. Let cool and peel off the blackened skin.
2. Season chicken with half the Italian seasoning plus the paprika and onion powder. Season with salt and pepper.
3. Heat some oil in a pan over medium heat and cook chicken breasts until browned and cooked through, about 8 minutes each side. Transfer to a plate and set aside.
4. Cook the onion in the same pan until transparent, about 3 minutes.
5. Add in the garlic and cook until fragrant, about 1 minute.
6. Add the roasted red pepper, Passata, tomato paste, chili flakes and remaining Italian seasoning. Stir to combine.
7. Bring to a simmer and allow the sauce to thicken while stirring occasionally, cook for 4-5 minutes.
8. Arrange the chicken in the sauce and top each breast with a quarter of the mozzarella cheese per breast. Transfer to the oven to grill for 1-2 minutes, until the cheese is melted.
9. Meanwhile flash fry the broccoli or green beans in a little oil. Season with salt and pepper and squeeze over some lemon juice.
10. Garnish with parsley and serve.

