

September 2020

Chicken Keto

Chicken Provençale

Ingredients:

- 900g chicken drumsticks
- 225g tomatoes
- 70 black olives, pitted
- ¼ cup olive oil
- 5 garlic cloves, sliced
- 1 tbsp dried oregano
- salt and pepper

For serving:

- 200g lettuce
- 1 cup mayonnaise
- ¼ lemon, the zest
- 1 tsp paprika powder
- salt and pepper

Instructions:

1. Preheat the oven to 200°C. Place the chicken skin side up in an oven-proof baking dish. Add garlic, olives and tomatoes on top of and around the meat.
2. Drizzle with a generous amount of olive oil. Sprinkle with oregano and season with salt and pepper.
3. Place in the oven and roast until the chicken is fully cooked through. It should take about 45-60 minutes, depending on the size of the pieces. If you feel unsure, check internal temperature with a meat thermometer. The chicken is cooked through when the temperature reaches 75°C.
4. Serve with salad and mayo flavoured with lemon zest and paprika or a mild chili and some salt and pepper.

Nutritional Information:

Net carbs: 2 % (5 g)

Fiber: 3 g

Fat: 78 % (78 g)

Protein: 19 % (43 g)

Calories: 912

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