

One-Pan Basil Chicken with Spring Vegetables

- 3 -3 oz chicken breasts, skinless, sliced
- 20 asparagus spears, ends snapped off
- 2 cups sugar snap peas, sliced in half lengthways
- 2 garlic cloves, chopped
- 1 cup fresh basil, chopped
- Juice of half lemon
- Himalayan sea salt and black pepper, to taste
- 2 teaspoons coconut oil



1. In a hot pan, add coconut oil then add the sliced chicken.

2. Fry until golden brown then season with salt and pepper; add the garlic, some of the lemon juice and about 3/4 of the basil and cook for another minute.

3. Add the vegetables to the pan, season with salt, pepper and remaining lemon juice, then cook until just tender. Serve with fresh basil.

Makes 3 oz servings.

Serving Size = 3 ounces of chicken and 2 cups of vegetables.

Enjoy with 1 cup of on plan fruit to complete the meal.

