

Lemon Butter Chicken with Green Beans

Serves: 3

Ingredients

3 – 6 skinless, boneless chicken thighs
1 pound (450g) green beans, trimmed
3 tablespoons butter, divided or (ghee for paleo diet)
4 garlic cloves, minced
1 teaspoon paprika
1 teaspoon onion powder
Salt and fresh cracked pepper
Juice of 1/2 lemon + lemon slices, for garnish
1/2 cup (125ml) chicken stock
1 tablespoon hot sauce (we used Sriracha)
Crushed red chili pepper flakes, optional
1/2 cup fresh chopped parsley



Directions

1. In a small bowl, combine onion powder, paprika, salt, and pepper. Season chicken thighs generously with the spice mixture. Set aside while you prepare green beans.
2. Arrange green beans in a microwave-safe dish with 1/2 cup (125ml) water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
3. Melt 2 tablespoons butter in a [large skillet](#) over medium-low heat. Lay the seasoned **chicken thighs** in one layer in the skillet. Cook for 5-6 minutes then flip and cook another 5-6 minutes, until cooked through and a cooking thermometer displays 165°F (75°C). If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.
4. In the same skillet, lower the heat and melt the remaining tablespoon butter. Add chopped parsley, garlic, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Deglaze with lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
5. Add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper and serve the **lemon garlic butter chicken thighs** immediately, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like. Enjoy!

Nutrition Facts

Calories
Saturated Fat
Net Carbohydrates
Protein