

4g ⌚ 20 m | Easy

Chicken with green bean fries and chipotle mayo

Here's an easy way to fix that Tex-Mex craving, and it's high in protein and keto to boot! Skillet fried chicken goes hand-in-hand with fries — green bean fries, that is. Fries are designed for dipping, so we made a spicy chipotle mayo for that very purpose. Some like it hot; we like it hotter. Where do you stand?



2 Servings

Instructions

Ingredients

Chicken breast

2 (1 lb) chicken breasts 8 oz (230 g) each

salt and ground black pepper

2 tsp taco seasoning (optional)

1 tbsp olive oil or butter

Green bean fries

6 oz. fresh green beans or wax beans

2 tbsp light olive oil or coconut oil (flavorless)

salt to taste

Chipotle mayo

¼ cup mayonnaise

1 tsp tomato paste

½ tsp chipotle powder

salt and ground black pepper to taste

Chicken breast

- 1 To speed up the cooking process, slice the chicken breasts horizontally and lengthwise into thin cutlets.
- 2 Season both sides of the chicken with salt, ground black pepper, and seasoning of choice.
- 3 Heat a large skillet over medium-high heat. Add the oil or butter to the skillet when hot. Carefully place the chicken breasts in the skillet and cook for about 4 minutes on each side. The chicken is ready to serve when the inside is no longer pink.

Green bean fries

- 4 Wash and trim the green beans. Pat them dry with a paper towel (to avoid oil splatters).
- 5 Heat a large skillet with oil over medium-high heat.
- 6 Add the green beans to the pan and fry for about 5 minutes. They should retain their fresh, natural crunch!
- 7 Place the green beans on a plate with a paper towel to absorb excess oil. Season with salt before serving.

Chipotle mayo

- ⑧ Mix the mayonnaise, tomato paste, and chipotle powder in a small bowl. Add additional seasoning to taste — more chipotle means a spicier sauce.
- ⑨ Serve right away or let sit in the fridge for 30 minutes or more to allow the flavors to develop.

Cutting chicken cutlets

The easiest, and safest way to make cutlets out of a chicken breast, is to place one hand flat on the chicken breast, and use the other hand to hold the knife. Angle the knife horizontally so that it's parallel to the cutting board. Slice the chicken breast horizontally into two flat, even pieces.