

# Turmeric Lemon Chicken & Broccoli



PREP TIME:  
10 MINUTES

COOK TIME:  
15 MINUTES

TOTAL TIME:  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

## Ingredients:

- 1.5 lbs. Organic Chicken Breast – *Fat trimmed – Cut each breast in half*
- 1.5 Teaspoon Turmeric
- 1.5 Teaspoon Cumin
- 1.5 Teaspoon Garlic Powder
- 1.5 Teaspoon Onion Powder
- ¾ Teaspoon Sea Salt
- ¼ Teaspoon Black Pepper or to Taste
- 1 Tablespoon Coconut Oil
- 3 Cups or More Fresh Broccoli Florets
- 1 Lemon, Juiced
- **Optional Veggie Swap: Asparagus / Green Beans / Zucchini Ribbons**

## Instructions:

1. In a small mixing bowl add turmeric, cumin, garlic powder, onion powder, sea salt, and black pepper. Mix until combined.
2. Coat the chicken, both sides with dry ingredients.
3. In a large sauté pan, over medium heat, add the coconut oil.
4. Once oil is melted, brown the chicken on both sides for about 6-8 minutes per side. Keep chicken covered with lid.
5. Once 2<sup>nd</sup> side is about finished, add in the broccoli resting on top of chicken.
6. Add about ¼ to ½ cup water to bottom of pan so it's not dry. Cover & cook 5 minutes.
7. Uncover & slowly pour lemon juice over broccoli.
8. **Optional:** Add a few pinches of sea salt to broccoli.
9. Allow chicken to rest 5 minutes off heat before slicing.

**\*Try and use all organic ingredients if possible.**