

FIERY GARLIC CHICKEN & BROCCOLI

Serves 1 | Cooking Time: 35 mins

6.2 carbs | 33.3 fat | 33.5 protein | 466.9 cal



Ingredients:

- 2 chicken thighs
- 1/4 cup chopped broccoli florets
- 1 teaspoon olive oil
- 1 tablespoons chopped shallots
- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar
- 1 teaspoon hot sauce

Directions:

Preheat oven to 400 degrees F. Toss the chicken and broccoli with the olive oil, shallots, garlic, vinegar and hot sauce. Lay on a parchment lined sheet pan and bake for 20-25 minutes until chicken is cooked through and broccoli is tender.

