

## Spicy Mustard Chicken

### Ingredients

- 100 grams
- ½ cup chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon **Homemade Mustard** (see recipe on our website 'condiments')
- ¼ teaspoon dried basil
- ⅛ teaspoon tarragon
- Stevia to taste
- Sea salt and pepper to taste

Makes 1 serving (1 protein)
25 grams protein
2 grams fat
147 calories

### Directions

1. Lightly sauté the chicken in chicken broth, lemon juice, and spices until cooked.
2. Simmer for additional 10 minutes and periodically deglaze the pan with a little water or additional broth to make the sauce.



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