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# Lemon Garlic Chicken with Roasted Broccoli

Sheet-pan chicken and broccoli in bright lemon-garlic oil. Low-carb, protein-rich, and perfectly balanced for steady blood sugar with minimal prep.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 2

**GL 2.5 / GI 18**

## Ingredients

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**boneless, or substitute 2 medium chicken breasts** Chicken thigh

**cut into medium florets** Broccoli

Olive oil

**minced** Garlic

**zest and juice, approximately 30ml juice** Lemon

**to taste** Salt

**to taste** Black pepper

## Instructions

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### Step 1

Position your oven rack in the center and preheat to 210°C (410°F) fan-forced or 220°C (425°F) conventional. Prepare a large rimmed baking sheet by lining it with parchment paper.

## Step 2

In a large mixing bowl, whisk together the olive oil, minced garlic, lemon zest, and half of the fresh lemon juice. Season the mixture generously with salt and freshly ground black pepper, creating an aromatic marinade base.

## Step 3

Cut the chicken thighs into roughly equal 5-centimeter pieces to ensure even cooking. If using chicken breasts instead, you may leave them whole or halve them depending on thickness.

## Step 4

Add the chicken pieces and broccoli florets to the bowl with the lemon-garlic mixture. Toss everything thoroughly with your hands or tongs until every piece is evenly coated with the seasoned oil.

## Step 5

Arrange the chicken and broccoli in a single layer on your prepared baking sheet, ensuring pieces don't overlap or pile on top of each other. Proper spacing allows for browning and crisping—use a second tray if necessary.

## Step 6

Roast for 22 to 25 minutes, flipping the chicken and broccoli halfway through cooking. The chicken should reach an internal temperature of 74°C (165°F) and develop golden-brown edges, while the broccoli florets should have darkened, crispy tips.

## Step 7

Remove from the oven and immediately squeeze the remaining fresh lemon juice over the entire tray. Serve hot, eating the broccoli first for optimal blood sugar control, followed by the protein-rich chicken.