

Creamy Keto Chicken and Bacon Fettuccine

🕒 20 Minutes

🍴 2 Serves

🎯 Easy



Use up you left over roast or rotisserie chicken in this quick and easy keto fettuccine dish.

The green beans can be omitted, or you can change them up with a different vegetable such as broccoli or cauliflower florets.

If you find the sauce is too thick, just add another splash or two of water while cooking. If the sauce seems too loose/runny, just mix in ¼ tsp of glucomannan powder or xanthan gum...it really is just that simple.

I served mine with a sprinkle of freshly grated parmesan cheese because that's how I have loved all of my pasta dishes of yesteryear, but it really isn't necessary as this dish is truly packed with flavour.

INGREDIENTS

- 200g Roast Chicken Meat, deboned
- 250g Konjac/Shirataki Fettuccine
- 2 Streaky Bacon Rashers, cut into 2cm pieces
- 1/3 Cup Full Fat Cream
- 50g Cream Cheese
- 50g Cheddar Cheese, grated
- Splash Water
- 100g Green Beans, cut into 4cm lengths
- Parmesan, grated (optional)
- ¼ tsp Glucomannan Powder or Xanthan Gum (as needed)

METHOD

1. Debone the roast chicken and break into bit sized chunks, then set aside (make sure you keep any of the roast juices and collagen rich jelly too as they equal nutrition and flavour).
2. Wash and dry-fry your favourite konjac/shirataki fettuccine and set aside with the chicken.
3. In the same big pan (I used a Scanpan non-stick wok), add 2cm long pieces of streaky bacon (you can substitute with other bacon cuts such as lardons, pancetta, shoulder or middle bacon), and fry till cooked through with some nice golden edges.
4. To the pan, add 1/3 Cup of full fat cream, 50g cream cheese, 50g grated cheddar cheese and a splash of water, then stir whilst simmering till the cheeses have melted together with the cream to form a silky sauce with bacon bits.
5. Add the konjac fettuccine and the roast chicken (and the chicken juices/jelly bits) and mix them gently through the sauce. Take care not to over-mix or you may break the chicken chunks too much and make them mushy.
6. Add the 4cm long green beans slices and gently stir them in.
7. After cooking for a further 4-5 minutes (to warm the chicken and fettuccine through and cook the green beans), it is ready to serve.
8. As an extra garnish, grate a little fresh parmesan cheese over the top.
9. Enjoy!

Nutritional Information (per serve not including parmesan or glucomannan)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
620	47.7g	39g	9.4g	1.4g	8g

Please note that the nutritional values may vary depending on the brand of ingredients that you use.