

GOURMET MESO-MEAL

“Lose weight and feel great eating gourmet meals.”



Hay-smoked chicken

with roasted broccoli rabe & cauliflower purée

A riff on a dish from a two-Michelin-starred kitchen, [Eater LA+2Fine Dining Lovers+2](#)

The last thing I want to hear is that eating to optimize your hormones and weight is bland and boring because I know it's not!

Ingredients (serves 4)

For the chicken:

- 1 whole free-range chicken (~1.6 kg), or equivalent parts (breast + thigh)
- ½ cup (≈120 mL) chicken or bone broth
- A handful of dried timothy hay (or substitute mild aromatic herb/grass if unavailable)
- 2 Tbsp ghee or clarified butter
- Sea salt & freshly ground pepper
- Fresh thyme, rosemary sprigs
- 2 garlic cloves, smashed
- Zest of 1 lemon

For the cauliflower purée (“cream”):

- 1 large head of cauliflower, chopped into florets
- 2 Tbsp olive oil
- 1 garlic clove, minced
- Salt, pepper
- Optional: 1 Tbsp almond milk (unsweetened) if you like a slight creaminess

For the roasted broccoli rabe (high-fiber veg):

- 2 bunches broccoli rabe (rapini) — or if unavailable: broccolini or kale sprouting stems (also high-fiber)
- 1 Tbsp olive oil
- ½ tsp red-pepper flakes (optional)
- Sea salt, pepper
- Zest of ½ lemon

For finishing:

- Micro herbs or fresh parsley
- A drizzle of extra virgin olive oil
- A splash of lemon juice

Method

1. **Prepare the chicken:** Pre-heat oven to ~175-180 °C (350°F). Pat the chicken dry. Season generously inside and out with salt, pepper, and lemon zest. Rub with ghee—place garlic, thyme, and rosemary inside the cavity (if whole) or alongside pieces.
2. In a Dutch oven or heavy oven-proof pot, sprinkle a layer of hay (or herbs) on the bottom. Add the broth and place the chicken (breast side up) on top. Cover and roast for ~45-50 minutes (for whole) until internal temp ~70 °C (160 °F) at thickest part, juices run clear.

Remove the lid for the last 10 minutes to brown the skin.

3. While chicken rests (~10 minutes), **make the cauliflower purée:** steam or boil the cauliflower florets until fork-tender (~8-10 min). Meanwhile, heat olive oil, sauté garlic just until fragrant (not browned). Drain the cauliflower, transfer to a blender or food processor, and add the garlic-oil mix, salt & pepper, and almond milk, if using. Blend to smooth. Keep warm.
4. **Roast the broccoli rabe:** On a sheet pan, toss the broccoli rabe with olive oil, salt, pepper, and red-pepper flakes. Roast in the same oven for ~10-12 min until tender-crisp with some charring. Finish with a drizzle of lemon juice and lemon zest.
5. **Assemble:** Carve chicken into portions. On each plate, spoon a bed of cauliflower purée. Place the chicken portion on top of or beside it. Arrange roasted broccoli rabe alongside. Drizzle a little extra virgin olive oil and garnish with micro herbs.

Why this works for a Meso Meal

- Fowl = chicken (or if you prefer, use a heritage bird) fits paleo/keto.
- Cauliflower purée = low-glycemic, fits keto and paleo (no grains).
- Broccoli rabe or similar high-fiber green = excellent fiber boost, low glycemic.
- Natural fats (such as ghee and olive oil) support a keto diet.
- Minimal carbs, clean ingredients, refined presentation = gourmet feel.

- Technique inspired by Michelin-level roast chicken discussions. [Fine Dining Lovers+2MICHELIN Guide+2](#)
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Vicky's tips (because I know she cares)

- Use **organic/heritage chicken** if possible — better fat profile, flavor.
- Dry-brine the chicken (salt overnight in fridge uncovered) for deeper flavor and better texture.
- For the hay-smoke effect, you can mimic it by using smoked paprika in the broth if you don't have actual hay.
- Broccoli rabe: remove tough stems; keep the nutrient-rich leafy bits. Fiber will help slow glycemic response.
- To boost fiber even more (while staying low-glycemic), you could add lightly sautéed Swiss chard or kale ribbons as a garnish.
- Portion control: keep breast + 1 thigh per person to control calories/fat but still premium.
- Presentation matters: carve and plate like in fine dining—think elevated plating, even in a home kitchen.