



# CRISPY CHICKEN 29

- NF, EF, SF, SOYF, GF

## INGREDIENTS

- 4 skinless chicken breasts (approx. 140g)
- 2 Tbsp. Macadamia oil
- 1/2 C coconut flour
- 1 Tbsp. Himalayan Rock salt
- 1/2 tsp. Garlic Powder
- 1 pinch of ground Pepper to taste

SERVES 4

## NUTRITION INFO

| CALORIES | TOTAL FAT | SAT. FAT | SODIUM | TOTAL CARBS | FIBRE | SUGARS | PROTIEN |
|----------|-----------|----------|--------|-------------|-------|--------|---------|
| 132.3    | 5.3g      | 1.9g     | 377mg  | 10.2g       | 6.1g  | 1.2g   | 10.1g   |

## METHOD

- 1 Place chicken on a chopping board and flatten with a meat tenderizer, until 1cm thick.
- 2 In a large frying pan heat the oil.
- 3 Mix together in a large bowl the coconut flour, salt, garlic powder and pepper.
- 4 Place the chicken into the flour mix and move it around until it is coated.
- 5 Place the chicken in the hot oil and leave for 3-4 mins until browned, flip the chicken over and cook for a further 3-4mins until cooked through.
- 6 Place chicken onto a wire rack to allow some of the oil to drain and then serve.