



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 20 mins

Serves: 2

INGREDIENTS

- 2 chicken breasts, hammered if thick
- 1/4 cup coconut oil
- 1/2 -3/4 cup shelled pistachio nuts, roughly chopped
- 1 egg, lightly beaten
- 1 clove crushed garlic
- 1 tsp salt
- 1/4 tsp black pepper

METHOD

- In a bowl beat egg, salt, pepper and garlic.
- Place crushed pistachio nuts into a separate bowl.
- Dip chicken pieces into egg mixture, and then press firmly into nut mixture.
- Ensure both sides are well coated
- Heat coconut oil in frying pan, and fry chicken pieces for about 8 minutes on each side, or until golden brown and cooked through.
- Serve hot with vegetables or salad, try my *creamy mashed cauliflower*.

PISTACHIO CRUMBED CHICKEN

