



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 30 mins

Serves: 2-4

INGREDIENTS

- 2 tbsp coconut oil
- 2 large chicken breasts (cut through to make 4 thinner pieces)
- 2 tbsp coconut flour (to flour chicken pieces)
- 1 small lemon, peel on and thinly sliced
- 1 clove garlic, crushed
- 1 tbsp honey
- 4 spring onions
- 1 tsp dried oregano, or 1 tbsp fresh
- 1 tbsp coconut aminos
- 1/2 cup vegetable stock
- 2 tsp coconut flour (mixed into 1/2 cup water)
- juice of 1/2 lemon
- 1 tbsp capers, rinsed and drained
- 2 tbsp coriander OR parsley, chopped

METHOD

- In small bowl, combine lemon slices, garlic and honey.
- Place coconut flour onto plate, and coat both sides of chicken pieces.
- Heat coconut oil in pan and fry chicken pieces 3-5 minutes each side until cooked.
- Remove from pan and place on plate.
- Add lemon mixture and fry for 2 minutes, turning lemon pieces until browning.
- Spread lemon mixture onto chicken pieces.
- Into pan add spring onions, oregano, salt and pepper and fry stirring 3 minutes.
- Add coconut aminos and coconut flour mixed with water and stir until it thickens slightly.
- Add capers and stir in. If runny, cook until it reduces a little more.
- Spoon sauce onto chicken and lemon, some on and some next to chicken.
- Serve as a smaller entree, or a main with a light salad or *creamy mashed cauliflower*.

LEMON CHICKEN PICCATA

