



PECAN CRUSTED CHICKEN THIGHS

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 30 mins

Serves: 2

INGREDIENTS

- 75 g pecan nuts
- 2 chicken thighs, boneless
- 2 tbsp potato flour (or corn flour)
- 1 egg
- 1 tbsp water
- 1 tbsp seed mustard
- 1 tsp smoked paprika
- ¼ - ½ tsp chilli powder
- ½ cup olive oil (or coconut)



METHOD

- Chop pecans until quite small, resembling coarse breadcrumbs.
- Place into a shallow, flat dish.
- Place the potato flour into another flat dish.
- Beat egg with water, mustard, paprika and chilli powder in a bowl.
- Coat chicken thigh with the potato flour on both sides.
- Then coat with the egg mixture on both sides.
- Press chicken onto the pecan crumbs, pressing firmly onto both sides.
- Repeat with the other chicken thigh.
- Heat oil in frying pan to medium high, and fry chicken pieces until cooked through, about 10 minutes on each side, depending on thickness of thigh.
- Remove from pan and serve immediately with vegetables.