



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: 6

INGREDIENTS

- 1 kg boneless chicken tenderloins
- 1 cup almond flour
- 1/2 cup arrowroot
- 1/2 -1 tsp pink rock salt
- 1 tsp garlic powder
- 1 tbsp lemon pepper
- 2 large eggs, whisked
- 1/2 cup coconut oil
- 1 tsp smoked paprika

METHOD

- Pour eggs into a dish.
- Combine almond flour, arrowroot, salt, garlic powder and lemon pepper in a bowl.
- Dip each chicken tenderloin into egg, and then coat in the flour mixture.
- Heat half the oil in a frying pan onto high, add chicken pieces a few at a time, and cook 5 minutes, turn and repeat for a further 4-5 minutes.
- Remove onto a serving plate and cook the rest of the chicken the same way, using extra oil if needed.
- Sprinkle the finished chicken with smoked paprika
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NOTE: The oil needs to be quite hot to make crispy chicken fingers.

CHICKEN FINGERS

