



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 30 mins

Serves:4

INGREDIENTS

- 4 large chicken breasts,
- (skinless and boneless)
- 2 eggs
- 1 tsp dried oregano
- 1 tsp garlic powder

CRUSTY LUPIN **CHICKEN**



- 1 tsp pink rock salt
- ½ tsp ground black pepper
- ½ cup vegan parmesan cheese
- ¼ cup nutritional yeast
- 1 cup lupin flakes

METHOD

- Preheat oven to 200°C.
- In a bowl, combine oregano, garlic powder, salt, pepper, parmesan, yeast and lupin flakes.
- Crack eggs into a bowl and lightly whisk.
- Dunk each chicken breast into the egg and coat both sides.
- Then press firmly into crumb mixture to coat all over.
- Place crumbed chicken pieces onto a plate, cover with wrap and refrigerate.
- After 30 minutes, place the crumbed chicken onto baking paper on an oven tray.
- Bake for 30 minutes, until golden, crunchy and cooked through.
- Serve immediately, or reheat later but the crunchiness will be lost.