

## **Paleo/Primal Crumbed Chicken Recipe**

### **Ingredients:**

- 4 chicken breasts (beaten flat with a meat mallet)
- 2 free range eggs, whisked
- 1-1.5 cups ground almonds (almond flour also works fine)
- 0.5 teaspoon salt (or mixture of salt and garlic salt)
- 2 teaspoons dried mixed herbs
- 2 tsp chicken spice/rub



**Note:** You can pretty much use any dried herbs and seasoning that tickles your fancy, e.g. paprika, dried sage, dried basil, cayenne pepper, chilli flakes, masala spice etc.

### **Preparation:**

1. Combine ground almonds/almond flour and herbs in one bowl.
2. Whisk eggs in another bowl.
3. Dip chicken into egg and then into crumb mixture.

### **Cooking Method (Oven-baked):**

1. Preheat oven to 180 c.
2. Prepare a baking tray and grease with melted coconut oil or duck fat.
3. Lay crumbed chicken on the baking tray.
4. Spray pieces lightly with olive oil cooking spray.
5. Cook for 15 to 20 minutes or until just cooked. Turn over half way through cooking.

If you want a crisper coating then I suggest you use the pan-frying method below.

### **Method (Pan-fried):**

1. Heat 2 generous tablespoons of duck fat or coconut oil in a frying pan.
2. Fry crumbed chicken fillets on medium heat until cooked, turning once during cooking (about 5 minutes a side).

