

Chicken nuggets



1 tsp coconut flour
15g ground almonds
pinch of paprika
salt and pepper to season
1 tsp coconut oil
1 medium sized egg
200g fresh chicken breast, diced

MAKES 10 NUGGETS

Preheat the oven to 180°C/350°F.

Mix the flour, almonds, paprika, salt and pepper in a bowl.

In a separate bowl whisk the egg.

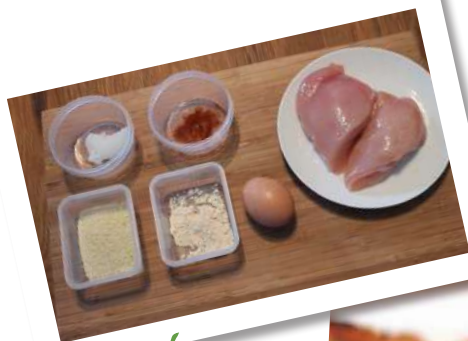
Take a piece of chicken and dip it in the egg, coating it evenly. Then dip it in the flour mixture and roll until covered.

Repeat this step with all of the chicken.

Melt the oil in a non stick frying pan over a medium/high heat. Add the chicken and cook for 5 minutes, turning regularly until brown all over.

Transfer the chicken to an oven tray and cook in the oven for 10-15 minutes until cooked through.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER NUGGET:

46 Calories

0g Carbs

6g Protein

2g Fat

