

Healthy Chicken Goujons

Makes: Serves 4

Ingredients

70g Ground Almonds
400g Chicken breast meat
30g Sesame Seeds
1 Tbsp Coconut Oil (melted)
1 Egg
Sea salt



Instructions

Preheat your oven to 200C/400F/Gas 6

In a medium bowl mix together the ground almonds, sesame seeds and a pinch of salt.

In a separate bowl whisk the egg and add the melted coconut oil.

Cut the chicken into strips and dip each strip into the egg mixture first and then into the crumb mixture.

Place strips onto a baking tray lined with parchment paper and cook for 20 minutes on each side until golden brown.

Nutrition information:

Each Serving:

Kcal	360
Fat	6g
Net Carbs	5g
Protein	9g