

Crispy Chicken Tenders

Serves: 3

Ingredients

½ cup ground almonds
¼ cup ground flaxseed (you can grind whole linseeds/flaxseed)
1 tsp paprika
¼ Tsp salt and pepper
2 eggs beaten
1 lb/450g chicken breasts
A little oil for greasing.



Directions

1. Preheat the oven to 375F/190C.
2. Line a baking tray or roasting tray with tinfoil or baking sheet and place a wire rack on top. Brush the wire rack with oil to stop the tenders from sticking,
3. In a bowl, combine ground almonds, flaxseed meal, paprika, salt and pepper. Add the beaten eggs to a separate bowl.
4. Dip a chicken breast into the egg with one hand, coat each piece and let excess drip off before dropping it into the dry mixture.
5. Use your other hand to toss the chicken in the dry mixture so your fingers don't get sticky.
6. Coat each piece thoroughly then place it on a wire rack you have brushed with oil.
7. Bake for 25 minutes or until the chicken is cooked through.

Nutrition Facts

Calories	200
Saturated Fat	6g
Net Carbohydrates	4g
Protein	18g