

SHAKE & BAKE

Time: 60 minutes

Serves: 4

Ingredients:

100g almond flour
10g fine sea salt
4g paprika
3g onion powder
3g garlic powder
1g dried parsley
1g ground oregano
1g ground basil
1g fresh ground black pepper
2 eggs - lightly beaten
1 whole chicken - cut into pieces

Preparation:

Preheat your oven to 200C.

In a bowl or deep-sided pan, mix together all ingredients except eggs and chicken.

Run each chicken piece through the beaten egg, shake off excess and run through the almond and spice mixture to coat evenly.

Place the chicken pieces on a baking sheet and bake until internal temperature reaches 72C (approximately 45 minutes)

Nutritional Information Per Serving:

Calories: 440
Fat: 30g
Carbs: 5g
Fibre: 3g
Protein: 23g