

Keto Chicken Parmesan

Preparation time: 60 min

Difficulty: Easy

Ingredients

- Almond Flour: 1 Cup
- Basil and Mozzarella: To Top
- Chicken Breast: 1 Whole Quartered
- Coconut Flour Fine Grind: 1/4 Cup
- Cold Water: 3/4 Cup
- Egg: 1 Large
- Fresh Grated Parmesan Cheese: 1 Cup
- Garlic: 2 Whole Cloves Pressed
- Salt: 1 Teaspoon



Preparation

Gluten free, low carbohydrate, and Keto friendly recipe for chicken parmesan. A Thin chicken cutlet lightly coated with a coconut and egg batter seasoned with salt and garlic, then dusted with almond and Parmesan. Pan fried to create a perfect crispy crust. Topped with finely chopped tomatoes, melted mozzarella cheese and basil.

INSTRUCTIONS

1. Cut the chicken breasts in half length-ways, then in half again width-ways. Pound each piece slightly thinner to tenderize and create uniformity in thickness, so the chicken cooks evenly.
2. In one bowl combine the coconut flour, water, egg, salt and garlic. Mix well to remove any clumps.
3. In a separate bowl, combine the almond flour and parmesan cheese. Use your fingers to blend the two ingredients, and break up the grated cheese into smaller pieces.
4. Dip the prepared chicken into the coconut flour batter, then into the almond mixture to coat.
5. Preheat an oven safe skillet with 1/4 inch of oil. Test the temperature of the oil by placing a piece of the almond flour in the pan. If the flour begins to fry, the oil is ready. Place the breaded chicken into the pan, and brown on both sides.
6. Remove from heat and pour off excess oil.
7. Top with Pomi finely chopped tomatoes and mozzarella cheese. Then place the skillet in the oven to melt the cheese. Remove from the oven once the cheese is melted, and garnish with fresh basil.

For this recipe we used:

Finely Chopped
Tomatoes 1/2 Can



