

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Chicken Schnitzel

### Ingredients

*You do have the option of flouring the chicken with arrowroot flour and then coating with beaten egg before rolling in the almond meal mixture. I have found it works just as well with just the one coating.*

*Leftovers are great for lunch boxes or will freeze well.*

2 (double) Chicken Breasts

2 cups of Almond Meal

1½ to 2 Cups of Desiccated Coconut

1½ to 2 Cups of grated Parmesan Cheese

2 Cups of Coconut Oil

10 Basil Leaves chopped



### Method

1. Slice each chicken breast into 6 pieces and flatten with a meat mallet (between two pieces of cling wrap).
2. Mix the almond meal, coconut, Parmesan and basil in a bowl. Coat the chicken pieces in the almond mixture.
3. Meanwhile heat the coconut oil in a large fry pan over a medium heat and cook the chicken in batches.
4. Fry for a few minutes and then turn carefully to cook the other side until the crumbs are golden brown and the chicken cooked through. Drain on a paper towel.
5. Serve immediately with a crisp salad. Enjoy!

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

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**Serves** 4



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