

PALEO CHICKEN NUGGETS

Recipe adapted from wholesomelyum.com

INGREDIENTS:

- 2 chicken breasts
- ¼ cup avocado mayo
- 1 tsp. apple cider vinegar
- 1 cup almond flour
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 Tbsp. avocado oil

INSTRUCTIONS:

- Fill a large bowl with filtered water and a few tablespoons of sea salt. Place chicken in the bowl and let it brine for at least 10 minutes and up to 1 hour.
- Pat chicken dry and cut into nugget pieces.
- Whisk together the avocado mayo and vinegar.
- In another bowl mix the almond flour, salt and pepper. Can add other seasonings if desired.
- Coat chicken first in the avocado mayo and vinegar mixture and then the almond flour.
- Heat avocado oil in a skillet over medium-high heat.
- Cook the chicken only by putting a single layer in the pan for 2-3 minutes on each side until they achieve a golden brown color.