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## *Cashew Crusted Chicken*

*Serves 2*

### *Ingredients:*

- 1 lb. chicken breast or tenders
- 1 cup cashew nuts, crushed
- ½ cup shredded unsweetened organic coconut
- 2 eggs, whisked
- ¼ cup coconut flour
- coconut oil for frying
- 1½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp ground black pepper

### *Preparation:*

1. Place nuts in a food processor or bullet blender and pulse for just a few seconds or use a nut chopper to crush. In a small bowl mix together the chopped nuts and shredded coconut, then spread the mixture out on a plate.
2. Next mix together the coconut flour, paprika, garlic, salt and pepper in a small bowl and set aside.
3. Whisk eggs in another small bowl and set it aside.
4. (If using pre-cut tenders you can skip this step). Pound chicken breasts to about ¼ to ½-inch thickness and then cut each into about 4 pieces.
5. Season chicken with salt and pepper. Heat about ½-inch of coconut oil in a large skillet over medium heat. (If the coconut oil is spitting back at you, it's too hot!) Dip chicken pieces in the coconut flour mixture and shake off the excess. Next dip the chicken in the whisked eggs, and finally press the chicken firmly into the nut/coconut mixture to form a good coating on both sides.
6. Cook in frying pan over medium heat for about 3 minutes per side or until the crust is golden and chicken is cooked through. Place fried chicken pieces on a paper towel-lined plate to absorb excess oil.



*Food Fairy Note:*

Adapted from: *Paleo Macadamia-Crusted Chicken with Honey-Mustard Sauce*, The Food Fairy