

Chicken breast with almond crust

The chicken breast fillet can always be replaced with vegetables such as cauliflower.

If you prefer gluten-free, grind some of the almonds in a blender with the spices to make flour. As a flour substitute, chickpea flour tastes perfect with meat and vegetables.

It's best to make two types (chicken and vegetables) and serve them with a delicious dip. This is a great way to make delicious finger food that everyone will love.

Preparation time: 15 min. · Level of difficulty: easy

Quantity

Ingredients for 2 people.

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2 piece Chicken breast fillet or vegetable pieces
2 tbsp Breadcrumbs or chickpea flour
100 g Roasted almonds
2 piece Eggs
1 pinch Sea salt
1 tsp Sweet paprika powder
1 pinch Foc spicy olive oil

Preparation

Preheat the oven to 200 degrees (fan oven 180 degrees).

- Coarsely chop some of the almonds or use almond flakes - this will make the breading nice and crunchy. Grind the almonds with the breadcrumbs and spices in a blender. Put the almond and breadcrumb mixture on a flat plate. Then place the wheat flour (or more aromatic: chickpea flour) and egg on a second plate.
- Cut the chicken fillets into strips about 2 cm wide and roll them first in the flour, then in the egg and finally in the breadcrumb and almond mixture.

- Place on a rack over a baking tray and bake in the oven for about 30 minutes until crispy. Turn after 15 minutes.