

Category: Dishes

Keto Fried Chicken with Cauliflower Salad

Chef Keto Keith

It's important to coat all pieces of chicken in each mixture well. Fry chicken pieces until golden and finish in oven.
It's important to drain cauliflower well of all water before adding ingredients.

Ingredients

For Chicken

6 pieces of chicken (2 legs, 2 thighs, 1 breast cut in half)

1/2 teaspoon onion powder

1 teaspoon granulated garlic

1/2 teaspoon paprika

1/2 teaspoon dried parsley

1/2 teaspoon dried thyme

1 1/2 cup of coconut flour

2 tablespoons flax seeds

1 cup almond flour

2 cups almond milk

1 cup coconut oil

1 cup olive oil

Salt and pepper

For Cauliflower Salad

3 cups of cauliflower florets cut in half

1/2 cup mayonnaise made with olive oil

1 teaspoon parsley finely chopped

1/2 teaspoon paprika

1/2 teaspoon onion minced

1/3 teaspoon dry mustard

3 hardboiled eggs roughly chopped

Salt and pepper

For garnish

Small bunch of fresh parsley



Directions

1. In a mixing bowl add chicken, onion, garlic, paprika, dried parsley, and thyme. Mix and marinate for 15 minutes.
2. In another bowl add coconut flour, flax seed, salt and pepper.
3. In a cast iron skillet add coconut oil and olive oil. Heat on medium high until hot.
4. In another bowl add almond flour, salt and pepper.
5. Add chicken pieces one at a time in almond flour then almond milk and lastly in coconut nut mixture. Repeat until all pieces of chicken are coated. Coat all pieces well in each mixture.
6. Add each piece of coated chicken into oil and fry on each side until golden. Work with 2 pieces at a time. Place golden chicken pieces on baking sheet.
7. Add golden chicken in a 350 degree oven for 15 minutes or until thermometer reach 170 degrees.

For Cauliflower

8. In a stock pot fill with water, add salt and bring to a boil.
9. Add cauliflower and cook for 5 minutes.
10. Drain and put cauliflower in ice bath.
11. Drain well in a collender and place in mixing bowl.
12. Add mayonnaise, parsley, paprika, eggs, mustard, onion and toss slightly trying not to break up cauliflower.
13. Add a scoop of cauliflower to serving bowl and add 2 pieces of chicken.

Finish with fresh parsley, enjoy

Number Of Servings: 3

Preparation Time: 45 minutes