

Chicken Tenders with Honey Mustard Sauce

Created by Kristy Regan for the NUNM SIBO Lab

Ingredients

For chicken:

- 3+ tablespoons avocado oil
- 1 cup almond flour
- 1 teaspoon dried Italian herbs
- ½ teaspoon salt
- 1 egg
- 1 pound boneless chicken breast or thigh, cut into strips

For sauce:

- 2 tablespoons honey
- 1 tablespoon mustard

1. Mix 2 tablespoons honey with 1 tablespoon mustard to make sauce. This 2:1 ratio of honey to mustard can be used to create any amount of sauce. Add more or less honey for a sweeter/less sweet sauce.
2. Whisk egg in a pie plate.
3. Add almond flour, herbs and salt in a separate pie plate.
4. Heat a cast iron or other frying pan to medium high heat. Add oil when pan is hot. Oil should be hot but not smoking.
5. Dip a piece of chicken into the egg mixture and coat on both sides. Then dip it into the almond mixture, also coating both sides.
6. Add chicken to pan and cook for approximately 5-7 minutes on each side or until chicken is cooked through and golden brown and crispy on the outside.
7. Repeat for each chicken tender. Add more oil to the pan as needed.