

Gluten Free Coconut Chicken

1 lb of chicken breasts chopped in nugget size pieces

1 egg

2 tbs of milk

1/2 cup of sorghum flour

1/2 cup of coconut flour

1 cup of shredded coconut

1/2 tsp of paprika

1/2 tsp of salt

Salt and pepper

Coconut oil

Olive oil

Homemade honey mustard sauce:

1 cup of mayonnaise

2 tbs yellow mustard

1 tbs stone ground mustard

1/4 cup of honey

Sprinkle chicken breasts with salt and pepper.

Scramble egg with milk.

Mix the flours, coconut, paprika, and salt.

Dredge in egg/milk mixture.

Dredge if flour mixture.

Fry in half coconut oil half olive oil.

I DID clean out the pan in between batches. The flour that remains in the oil burns pretty easily.

Enjoy dipped in honey mustard

Thanks for Submitting..... G Arceaneux