# Paleo Chicken Cutlets

Courtesy of Amanda Savastio at Instagram @amanda.savvy

3 shallow bowls for dredging
egg whisk or fork
large frypan
measuring spoons and cup
kitchen scales
cutting board and knife
cooking tongs

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| 1. In the first bowl, **add** | ½ cup **arrowroot flour** |
| 2. In the second bowl, **add** and **whisk** | 2 **eggs** |
| 3. In the third bowl, **mix** together | 1 cup **blanched almond flour**<br>2 TBS **dried parsley**<br>3 tsp **garlic powder**<br>3 tsp **onion powder**<br>1 tsp **fine sea salt**<br>pinch **pepper** |
| 4. In a heavy skillet, over a medium heat, **warm** | ¼ cup **unrefined olive oil** |
| 5. Meanwhile, cut in half each thigh of | 450 g (1 lb) **skinless chicken thighs** |
| 6. **Dredge** the chicken by coating in the flour, then egg, then nut-crumb mix. | |
| 7. **Cook** in the oil until evenly browned on both sides. | |