

Zack's Keto Gluten-Free, Spicy Chicken Strips

Time to prepare: 30 minutes

Makes enough for 2 servings

Be sure to check out our step by step video at <https://youtu.be/1voPN6XdIAE>

You will need:

- 4 tbsp kosher salt for brining
- 2 cups of lukewarm water for brining
- 2 chicken breasts refrigerated
- 1 large egg
- ½ cup almond flour
- 1 tsp white wine vinegar
- 1 70g bag of pork rinds
- 1 or 2 tsp ground cayenne pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper
- oil for frying (vegetable or preferably avocado)

Preparation

1. **BRINE:** In a bowl, combine 2 cups of lukewarm water with ¼ cup of kosher salt, mix until mostly dissolved. Put cold chicken breasts in the brine, cover and let sit at room temperature for 20 minutes. (If you are going to brine for longer then place in the refrigerator.

Macros:

1 serving (4 strips): Calories:702.8

1/2 serving (2 strips): Calories:351.4

Protein:45.7g

Protein:23g

Fat:54.2g

Fat:27g

Net Carbs:4.3g

Net Carbs:2.2g



2. **Egg wash:** In a bowl, beat the egg and vinegar together.
3. **Dry coating:** In a bowl mix the almond flour and all spices until evenly mixed.
4. **Outer coating:** Crush the pork rinds until they resemble coarse crumbs. This can be done by hand or in a food processor or heavy duty blender. Place in a bowl.
5. **Chicken:** Remove the chicken from the brine. Rinse off well in cold water, pat dry thoroughly dry using paper towels. Cut each chicken breast into 4 equal sized strips (or 8 nuggets).
6. **Put it all together:** In a medium skillet, heat a ½ cup of vegetable oil over medium heat. Take each strip and coat it well in the flour mixture, dip it in the egg wash and then press in the crumbs. Put aside.
7. **Frying:** Fry the strips in the skillet for about 2-1/2 minutes per side or until done. Larger pieces of chicken will require more time. ensure you reach an internal temperature of 165° F or 74° C.
8. Place on a wire rack over a paper towel to drain excess oil and then serve immediately with your favorite low carb sauce.