

CHICKEN TENDERS WITH MISO SESAME AIOLI + VEGGIE STICKS



If you and your family are looking for a healthy alternative to traditional chicken tenders, you've come to the right place! This delicious Aioli made with miso. Enjoy!

Ingredients:

- 6 chicken tenders
- 1/4 cup coconut flour
- 1/4 cup lupin flour
- 1/4 cup flax meal
- 1 Tbsp nutritional yeast
- 1 egg
- 1/2 cup mayonnaise
- 1 Tbsp miso paste
- 1/2 tsp sesame oil

- Fresh cut vegetables (cucumbers, celery, endive, bell peppers...)
- Refined cooking oil for frying
- salt

Directions | Chicken

1. Mix together the coconut flour, lupin flour, flax meal and nutritional yeast.
2. Beat the egg well. Dredge the chicken tenders in the dry mix, then dip into the egg and dredge again in the dry mix.
3. Heat the oil to 350F and fry the dredged chicken tenders in the hot oil until they are golden brown and cooked through, about 3-4 minutes per side.
4. Remove the chicken tenders from the oil, season with a sprinkling of salt and serve immediately with the miso sesame aioli and vegetable sticks.

Directions | Aioli

1. Mix together the mayonnaise, miso paste and sesame oil and serve with the chicken tenders and vegetable sticks.

Yield: 2 servings