



Breaded Chicken Cutlets

Ingredients

- 1 1/2 pounds thinly sliced chicken breast
- Kosher salt, to taste
- 2 cups almond flour
- 3 large eggs
- 1/2 cup grated Parmesan cheese
- 1 1/2 teaspoons paprika
- 1/2 teaspoon garlic powder
- Ghee or avocado oil, for frying
- Lemon wedges, for serving

Instructions

1. Prep the Chicken

If any chicken slices are thicker than 1/4 inch, place them between two sheets of plastic wrap and gently pound with a meat mallet until evenly thin.

2. Light Coat with Almond Flour

Lay the chicken slices on a plate or baking sheet. Sprinkle lightly with salt and dust both sides with a small amount of almond flour.

3. Set Up Breeding Stations

- In one shallow bowl, beat the eggs.
- In another shallow bowl, combine the remaining almond flour, Parmesan, paprika, and garlic powder.

4. Bread the Chicken

Dip 1–2 chicken slices into the egg mixture, allowing excess to drip off. Then coat them fully in the almond flour-Parmesan mixture. Place them back on the plate or sheet. Repeat with all chicken slices.

5. Fry the Cutlets

In a large skillet, heat about 1/4 inch of ghee or avocado oil over medium-high heat until hot but not smoking.

Fry the chicken in batches—cook each side for about 3 minutes, or until golden brown and cooked through.

Transfer to a paper towel-lined plate to drain. Add more oil as needed for additional batches.

6. Serve

Serve warm with lemon wedges for a fresh, tangy finish.

