



Gluten Free Fried Chicken & Waffles

PREP TIME 20 MINS

COOK TIME 30 MINS

TOTAL TIME 40 MINS

MARINATING TIME 2 HRS

ingredients

For the marinade

- 500 g chicken tenderloins or chicken breast sliced lengthwise into 2/3" / 1.5cm thick slices
- 1/2 cup sour cream
- 1 tablespoon white wine vinegar
- 1 teaspoon poultry seasoning
- 2 cloves garlic ran through a press
- 1/4 teaspoon freshly ground black pepper
- kosher salt to taste

For the coating

- 1/2-1 cup **almond flour** as needed (or more pork rinds for a nut-free version)
- 1 egg lightly beaten
- 1 tablespoon sour cream
- 90 g **crushed pork rinds** crushed
- 25 g Parmesan cheese finely grated
- 1 1/2 teaspoons **paprika**
- 1 teaspoon **oregano**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **onion powder**
- 1/4 teaspoon freshly ground black pepper
- pinch **cayenne pepper**
- **kosher salt** to taste

directions

- Rinse and pat dry your chicken pieces. Set aside.
- In a large bowl suitable for marinating, mix together the sour cream, vinegar, poultry seasoning, garlic, freshly ground black pepper and season to taste. Add in the chicken, cover with cling film and marinate in the fridge for at least two hours (though preferably overnight!).
- Preheat oven to 425°F/220°C. Line a rimmed baking tray with aluminum foil and place a rack over it. Brush with olive oil or cooking oil of choice.
- You will need three bowls for the three coatings. In bowl 1, place your almond flour (or more crushed pork rinds). In bowl 2, whisk your egg with sour cream. And in bowl 3, mix thoroughly together the crushed pork rinds, Parmesan cheese, paprika, oregano, garlic powder, onion powder, freshly ground black pepper, cayenne and season to taste with salt (will vary quite a bit depending on the saltiness of your pork rinds).
- Dip your chicken pieces one at a time in the almond flour, followed by the egg, followed by the pork rinds mixture. Place in the prepared baking tray.
- Roast your chicken for 25-30 minutes until fully cooked (i.e. no longer pink and the juices run clear).



Gluten Free Fried Chicken & Waffles

PREP TIME 2 MINS

COOK TIME 8 MINS

SERVINGS : 2 WAFFLES

ingredients

- 1/2 cup cheddar cheese
- 1/4 cup fresh finely chopped broccoli
- 1 egg
- 1/4 teaspoon garlic powder
- 1 tablespoon almond flour

directions

- In a bowl mix almond flour, cheddar cheese, egg and garlic powder. I find it easiest to mix everything using a fork.
- Add half the Broccoli and Cheese Chaffle batter to the Dish Mini waffle maker at a time. Cook chaffle batter in the waffle maker for 4 minutes.
- Let each chaffle sit for 1-2 minutes on a plate to firm up.