

Coco-nutty Chicken & Apple Slaw



30 MINS



SERVES 2

Ingredients

250 g Chicken Breast cut into strips

1/4 cup/s Almond Meal

Apple Slaw

1/4 Red Cabbage shredded

3 tsp Lemon Juice

1 Egg/s (large) lightly whisked

1/4 cup/s Shredded Coconut

1/2 Apple grated

2 Carrot/s (medium) grated

45 g Greek Yoghurt

Method

Preheat oven to 180c. Combine almond meal with coconut in a bowl and set aside. Dip chicken pieces in egg then coat with coconut mix. Place on baking tray lined with paper and bake for 30 minutes or until coconut is well golden and crispy. To prepare the salad, combine apple, cabbage and carrot in a bowl. Whisk together lemon juice and Greek yoghurt and toss through salad. Serve with chicken.

Nutrition Information

Energy	Protein	Fat	Carbs	Calories	Fibre	Sugar	Sat.fat
1623kJ	35.7g	17.4g	23.7	388	6.7g	12.8g	6g