

Almond and Flax Meal Schnitzel

Recipe By Rorie Weisberg



Cooking and Prep:  45
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Diet: Paleo, Gluten Free

Source: Family Table by
Mishpacha Magazine

Cuisines: Ashkenazi

If you can't shake the calorie obsession, you might want to try what I call "calorie confusion." Mix up your diet with foods that you aren't used to. If you have a breakfast smoothie every day, for example, throw in a spoonful of coconut butter (without measuring) – and voila! You are now calorie confused. You can also try eating foods that are impossible to perfectly assess for caloric content. This "breaded" schnitzel is one of them. Without weighing each piece of chicken or measuring the amount of crumbs they're coated in, you cannot know how many calories it contains. This chicken is absolutely delicious, and it's made with only the best ingredients. Plus, using an air fryer means there's no excess oil involved. So forget about the numbers and dig in!

Ingredients (9)

Schnitzel

6 boneless, skinless chicken breast halves, butterflied

1/4 cup golden ground flax meal flour

- 1 cup almond flour
 - 1/2 tablespoon paprika (*optional, for color*)
 - 1-2 teaspoons garlic salt powder
 - 1/4 teaspoon lemon pepper
 - 1/4 teaspoon salt
 - 2 large eggs
 - 3 tablespoons avocado oil, plus more if needed, for frying (for an air fryer, spray from an Evo bottle)
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Start Cooking

Make the Schnitzel

1. In a shallow dish, combine flax meal, almond flour, and spices. In another shallow dish, whisk together the eggs. Dip the butterflied chicken first into the egg mixture, then into the seasoned flour, to coat both sides.
2. If you're using an air fryer, spray both sides of the breaded cutlet with oil and place two cutlets in the basket at a time. Bake at 350 degrees for 18–20 minutes.
3. If you're using a frying pan, heat avocado oil over medium heat. Add the chicken and cook until golden, about two to three minutes per side, adding more oil if needed.