

Gluten Free Chicken Cutlets with Honey- Mustard-Mango Dipping Sauce

Recipe By *Faigy Fink*



Cooking and Prep:  30
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Low Fat, Low Carb,
Gluten Free

Skip the bread crumbs and opt instead for almond flour when coating these gluten-free chicken cutlets. If you have an air fryer these can be ready in minutes and will be delicious. We guarantee you will not miss standing over a hot stove. To see more gluten-free recipes, [click here!](#)

Ingredients (16)

Chicken Cutlets

- 2–3 eggs
- garlic powder
- onion powder
- paprika
- Tuscanini Sea Salt
- black pepper

- chicken cutlets, cubed or sliced
- almond flour
- avocado oil

Dipping Sauce

- 5 tablespoons mustard
- 2-3 tablespoons Gefen Honey
- 1 tablespoon mango sauce (I used Oxygen brand)
- 1-2 teaspoons Gefen Olive Oil
- Tuscanini Sea Salt
- black pepper

Sommelier Suggests

- Hagefen White Riesling Lake County
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Start Cooking

Prepare the Cutlets

1. Beat two to three eggs with fork and mix with: garlic powder, onion powder, black pepper, sea salt and paprika.
2. Dip cubed chicken cutlets into this mixture. Coat with almond flour.
3. Drizzle avocado oil on top and put cutlets into an air fryer for five to six minutes on each side (or fry on each side in a little avocado oil).
4. Mix ingredients for dipping sauce.

Prepare the Dipping Sauce

1. Mix ingredients for dipping sauce. Serve alongside chicken cutlets.