

FourMonstersPaleo

Whole30 Schnitzel



Prep time **about 15 minutes**

Cook time **10-35 min**

Yield **Serves 4-8**

Special tools needed **Meat mallet, saute pan**

Notes:

Drizzle this schnitzel with a creamy mushroom gravy or a super simple parsley-mustard sauce, and serve with braised red cabbage and Whole30 spaetzle (recipes on FourMonstersPaleo.com) for a paleo Oktoberfest extravaganza!

Ingredients

- $\frac{2}{3}$ cup almond flour
- $\frac{2}{3}$ cup potato starch
- 1 tsp salt
- $\frac{1}{4}$ tsp ground ginger
- 4 boneless skinless chicken breasts or about 4 lbs meat of choice
- Oil for the pan, such as avocado or olive

Preparation

1. **Whisk together dredge ingredients** (almond flour-ginger) in a shallow bowl or dish and set aside.
2. **Using a meat mallet, pound out the chicken breasts or meat of choice** to a uniform thickness of about $\frac{1}{2}$ - $\frac{3}{4}$ inch, butterflying first if desired. Once flattened, cut really large pieces in half to make more manageable if desired.
3. **Heat a depth of about $\frac{1}{4}$ -inch oil** in a large, heavy bottomed saute pan or skillet over medium heat, just till shimmering.
4. **Use a fork to dredge each piece of meat** in the almond-flour mixture, coating completely.
5. **Use the fork to transfer the coated meat to the hot oil**, gently shaking over the dredge dish to remove any excess. Work in batches and do not crowd the pan. Depending on the size of your pan and pieces of meat, this may mean frying one piece at a time.
6. **Fry the schnitzel** about 4-5 minutes on each side, till nice and golden all around.