

Gluten free crispy chicken with pomegranate



- DIFFICULTY: Easy
- PREPARATION TIME: 10 min
- COOKING TIME: 20-25 min
- PORTIONS: 2-3 Portions

Introduction:

Tired of the usual grilled chicken?

What just doesn't go down after preparing it 2 or 3 times in a row?

Then try this new recipe, Crispy Pomegranate Chicken!

A delicious and easy to prepare recipe that you will never be able to do without. Believe me children will love it too.

What is it about?

Of boneless chicken thighs, marinated for 5 minutes in egg white, vegetable milk and curry. Then wrapped in a crunchy breading made of gluten-free oat flakes and served with a pomegranate sauce.

Do you like the idea of serving a different chicken than usual?

Then let's prepare this amazing recipe together!

Ingredients:

What do you need:

Tips:

Ingredients:

500 g of boneless Chicken thighs

150 g of Egg white

100 g of Oat Flakes g.f.

100 ml of Coconut / Almond plant milk s.f.

Q.b Curry powder

Q.b. Salt

Q.b. Garlic powder

Q.b dried Rosemary

1 tsp. of Parmigiano Reggiano

Q.b Extra virgin olive oil

Pomegranate sauce:

1 Pomegranate

1 sp of Honey

Q.b Water

1 tsp of Rice flour

Vegetables:

Broccoli or to taste

What do you need:

Baking tray

Bowl

Mixer

Small saucepan

Baking paper

Tips:

- Crispy chicken can be stored in the fridge for 1 day.
- You can replace chicken, with shrimp, cod, salmon.
- You can replace the oat flakes with rice or quinoa flakes, flakes or breadcrumbs.
- You can cook the chicken in an air fryer for 25 minutes.
- 1 sp is equivalent to 1 tablespoon, 1 tsp is equivalent to a teaspoon.

Method:

Clean the pomegranate and collect all the beans inside.

Transfer them together with the sauce in a saucepan, add the water and honey.

Cook for 5-6 minutes over low heat. After the time has elapsed, transfer the beans to a blender. Leave a tablespoon of beans aside, you will need them for later. Blend until it forms a cream. Transfer everything to the saucepan and add the flour, stir until the sauce has set. Add the beans you have set aside and set aside.

Now mix egg white, vegetable milk and curry in a bowl. Put the chicken inside and let it marinate for 5 minutes.

Meanwhile, chop the oat flakes and pour them into a bowl. Add the spices and Parmesan, transfer the chicken inside and breaded on both sides.

Arrange the thighs on a baking sheet lined with parchment paper, add a drizzle of oil and bake in a preheated oven at

180 degrees for 20-25 minutes.

Now prepare the vegetables you like best, I blanched the broccoli.

Once cooked, make sure the chicken is cooked inside and then serve with the pomegranate sauce and the vegetables of your choice.