

Chinese Almond Chicken

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/tapioca-flour-recipe-chinese>

Ingredients:

- 4 chicken breasts medium, flattened to 1/4 inch thickness
- 1 cup tapioca flour
- 1/4 cup sparkling water
- 1 large egg
- 1 pinch sea salt
- refined coconut oil for frying - refined doesn't have a coconut flavor
- 6 tablespoons tapioca flour
- 3 tablespoons water
- 3 cups chicken broth
- 3 tablespoons ghee
- 2 tablespoons coconut aminos
- 1/4 teaspoon almond extract
- 1 chicken bouillon cube
- sea salt to taste
- black pepper to taste
- iceberg lettuce shredded
- sliced almonds
- green onions sliced
- chinese mustard essential for the full flavor profile

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 200 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 55 grams
7. SaturatedFat: 3 grams
8. Sodium: 910 milligrams

9. Sugar: 4 grams

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