

Keto Fried Chicken with Avocado Dipping Sauce Recipe

Elizabeth Willard
PERSONAL CHEF



PREP TIME:
60 MINUTES



TOTAL TIME:
30 MINUTES



SERVES:
4 PEOPLE

Ingredients

CHICKEN:

- 4 boneless, skinless chicken breasts
- 1/3 cup buttermilk or non-dairy milk if you prefer
- 1 teaspoon Hot Sauce
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 cups Pork Panko crumbs*
- 2 eggs, beaten
- Coconut Oil, for frying

AVOCADO SAUCE:

- 1 whole Hass Avocado, Pitted And Peeled
- 1/4 cup Mayonnaise
- 2 Tablespoons Fresh Dill, Minced
- 1 clove garlic, minced
- 1 whole lime, juiced

Directions

CHICKEN: Place the chicken between two sheets of plastic wrap and pound with a mallet until it's an even thickness. Add the chicken to a bowl with the buttermilk, hot sauce, salt, and pepper. Marinate in the fridge for 30 minutes.

Crush the pork rinds into fine crumbs and place in a bowl (or use the already processed Pork Panko). Beat the eggs in a separate bowl. Coat the chicken strips in a layer of crumbs, then quickly dunk in the beaten egg, then coat again in the crumbs. Lay them on a sheet pan and heat 1" of coconut oil in a large skillet over medium-high heat.

Fry the chicken in batches (3-5 minutes per side) . Lower the heat slightly if needed to ensure they don't become overly brown. Cook until they're 160 degrees. (Check the temperature with an instant-read thermometer.) Remove from oil , drain them on a paper towel or cooling rack, and season with salt and pepper. .

SAUCE: Add avocado, mayo, dill, garlic, lime, salt and pepper to a food processor and mix until smooth.