

# Crispy Keto Fried Chicken

## Ingredients

- 6 chicken thighs boneless
- 1 large egg
- 30 ml unsweetened almond milk
- 2 cloves garlic
- 1/2 tbsp basil
- 1/2 tsp thyme
- 1/3 tsp oregano
- 1 tbsp celery salt
- 1 tsp black pepper
- 1 tsp powdered mustard
- 1 tsp paprika powder
- 1 tsp ginger powder
- 1 tsp garlic powder
- 1 tsp fresh turmeric optional
- 1 tsp white pepper
- 1 tsp chili red flakes optional
- salt to taste

Coating and Frying

- 50 g unflavored whey protein isolate powder (you can also use almond flour for coating)
- coconut oil (or your choice of oil for deep frying)

## Instructions

1. Before chopping the chicken thighs into small chunks, make sure to thoroughly wash and dry them.
2. Grind the garlic cloves and all the spices with a blender or a mortar. Flavor the chicken with this spice mix. Crack in the egg and pour the milk into the seasoned chicken pieces. Stir well to marinate well.
3. Transfer the chicken to a covered container and let it chill in the fridge for around an hour. Flip the chunks occasionally.
4. Pour the protein powder in a plastic container with a lid. Put the chicken in the container before replacing the lid. Shake well to coat the chicken entirely.
5. Set a deep fryer to 375 degrees and heat the oil in the fryer. Crispy fry the chicken for 5-7 minutes. Wait till the chunks become golden brown and crispy enough to your liking.
6. Transfer to a platter with any keto-approved dip of your choice.

This recipe is enough for 6 people to enjoy. The macros info below is for 6 servings and it doesn't include the oil you use for deep frying.

Macros (per serving): *Calories: 226 – Fat: 13.7g – Net carbs: 1.3g (total carbs: 1.7g, dietary fiber: 0.4g) – Protein: 23g*