

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*