

Dukkah Chicken – serves 5/6



Ingredients:

- 4 6oz Boneless skinless chicken breasts, sliced into long chicken finger pieces
- 1 Egg
- Olive oil

Dukkah mixture:

- 2 tbsp. Hemp hearts
- 1 tbsp. Coriander
- 1 tbsp. Cumin
- 1 tsp. Oregano
- ¼ cup Hazelnuts, chopped

Directions

1. Preheat oven to 400F
2. In a small dish, beat the egg and set aside.
3. In a separate dish prepare the dukkah mixture by combining all ingredients.
4. Dip one chicken piece into the egg dish allowing excess to drip off, and then into the dukkah dish, pressing to coat all sides. Repeat with remaining chicken.
5. In an oven safe pan on medium, heat oil. Add chicken to brown each side (~3min/side).
6. Place pan in oven and bake chicken until it's cooked all the way through (until it reaches 165F ~8-10min).
7. Enjoy 😊