

Super Crispy Herbed Chicken Schnitzel

Almond flour and matzo meal will both produce a crumbly textured crust. The addition of psyllium husk powder (soluble plant fiber) adds a bit of stretch, retains moisture and becomes very crispy when pan fried. Using psyllium husk powder will add more “give” to dough and this crust. I use fresh herbs for a fresh and springy feel and lemon zest brightens the dish.

Serves 4

4 boneless, skinless chicken breasts, pounded to ¼ inch thickness

Sea salt

Freshly cracked black pepper

2 egg whites, whisked with 1 tablespoon water

1 cup almond flour or matzo meal

½ cup psyllium husk powder*

3 tablespoons chopped parsley

3 tablespoons chopped chives or scallions

Zest of 1 lemon

Extra Virgin Olive Oil

Line a baking sheet with parchment paper and place a cooling rack over the sheet. Preheat oven to 350F.

1. Season chicken breasts with salt and pepper.
2. Place egg whites in a small bowl
3. Whisk together almond flour or matzo meal, psyllium husk powder, parsley, chives and lemon zest together.
4. Heat a pan over medium heat with about ½ inch of evoo.
5. Dredge a chicken breast in egg whites and then in seasoned almond or matzo flour. Shake off excess flour and place in pan. Brown on one side before gently turning over and browning the other side.
6. Continue with remaining chicken breasts.

7. When you are ready to eat, place chicken breasts in preheated oven for 6 minutes until cooked through.
8. Serve topped with chopped salad and chimichurri sauce.

*Psyllium husk powder is not recognized as kitniyot and is considered kosher for Passover according to the Orthodox Union.

Chimichurri Sauce

This recipe has a fresh and satisfying lemon flavor. Use whatever fresh herbs you have on hand. I like the mix of parsley, cilantro and mint, but you can substitute basil, dill or whatever you own.

1 cup flat leaf parsley leaves

1 cup cilantro leaves

1/2 cup fresh mint

4 cloves garlic

Zest of 1 lemon

3 tablespoons fresh lemon juice

Pinch of crushed red chili flakes

1/2 cup extra virgin olive oil

1 teaspoon sea salt

1/2 teaspoon freshly cracked black pepper

1. Process parsley, cilantro, mint, garlic, zest and juice, crushed chili flakes, olive oil, paprika, salt, and pepper in a food processor or blender until a sauce has formed.