

Spicy Barbecue Chicken Cutlets

with Limey Mayo Salad

hellóchef

Smoky, spicy and tangy form the perfect trinity in this low-carb meal.

Cals 807 • Prot 64 • Carbs 38 • Fat 48

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Smoked paprika powder	4	4	4	Grams
Chipotle powder	2	2	4	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Almond flakes 1*, 2*	30	45	60	Grams
Almond flour 1*, 2*	60	60	80	Grams
Organic Eggs 5*	1	2	2	Piece
Vegetable oil	4	6	8	Tbsp
Barbecue sauce 11*, 13*	40	60	80	Grams
Salad				
Carrot	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Romaine lettuce	200	300	400	Grams
Dressing				
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Fresh chives	15	15	15	Grams
Garlic powder	2	2	4	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	0.5	Tsp

Allergens

*1 Peanuts, *2 Tree Nuts, *5 Eggs, *11 Gluten, *13 Mustard, *9 Soya

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3378 / 807
Fat (g)	47.5
of which saturates (g)	6.4
Carbohydrate (g)	38
of which sugars (g)	17.5
Fiber (g)	12.2
Protein (g)	64.3
Salt (g)	1.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep chicken

Place the **chicken breasts** between two large pieces of cling film. Place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness.



2 Prep coating

Add the **smoked paprika**, **chipotle (spicy!)** salt and **pepper** to a shallow bowl. Turn the **chicken** in the spices until fully coated. Finely chop the **almond flakes**. Add them to a second bowl with the **almond flour**. Crack the **eggs** into a third bowl. Gently whisk.



3 Coat chicken

Turn the **barbecue chicken** in the **eggs**. Next, turn the **chicken** in the **almonds** until fully coated. Set aside on a plate.



4 Prep salad

Peel the **carrots**, then continue peeling until you're left with a pile of **carrot ribbons**. Halve the **cherry tomatoes**. Rinse, dry and chop the **lettuce**. Add the salad vegetables to a bowl and set aside.



5 Make dressing

Add the **mayonnaise** to a small bowl. Chop the **chives**. Add the **chives** and **garlic powder** to the **mayonnaise**. Juice the **lime** directly into the **mayonnaise**. Season with a pinch of **salt**. Set aside.



6 Fry chicken

See pro tip! Heat a pan over a medium heat with a generous drizzle of **vegetable oil**. Add the coated **chicken** and reduce the heat to low. Fry for 2-3 min on either side or until golden and crispy. Toss the salad vegetables in the dressing. Drizzle the **chicken** with the **barbecue sauce** and serve with the **salad**.