**Ingredients** 

4 boneless chicken thighs and 4 chicken drumsticks

(or 8 boneless chicken thighs)

60g ground almonds

60g oat flour

60g chickpea flour

2 tsp onion powder or granules

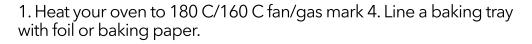
1 tsp smoked paprika

1 tsp celery salt

1 tsp garlic powder 3 eggs

Olive oil, to drizzle





- 2. Put the ground almonds, oat flour, chickpea flour, onion powder, smoked paprika, celery salt and garlic powder into a mixing bowl and mix everything together.
- 3. Crack the eggs into a small bowl and beat with a fork or whisk until well mixed. Remember to wash your hands if you get any raw egg on your fingers.
- 4. Dip the chicken thighs and legs in the beaten egg followed by the seasoned flour, making sure the chicken is well coated (see my tip over the page). Put them on to the lined tray. Wash your hands well after handling raw meat. Drizzle the coated chicken pieces with a little olive oil.
- 5. Put the tray into the oven for 30 to 40 minutes or until the chicken is golden brown and cooked all the way through.





You will need

Lined baking tray

Mixing bowls