

PECAN & HEMP CRUSTED CHICKEN



LifeShape Clinic

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INGREDIENTS (SERVES 4)

¼ cup pecans, toasted
40g hemp seeds
1 teaspoon dried basil
700g skinless, chicken tenders
2 tablespoons honey mustard
2 Lebanese cucumbers, diced
1 tablespoon mint
Zest ½ lemon
Juice ½ lemon

METHOD

1. Preheat oven to 180 degrees. Add pecans, hemp seeds, basil, and a pinch of salt and pepper to a food processor and pulse into crumbs. Transfer to a large plate.
2. Rub chicken with honey mustard. Then press each piece into pecan crumbs until well coated. Transfer to a non-stick baking tray and bake for 20 minutes.
3. Meanwhile, toss cucumbers with mint, lemon zest and juice.
4. Divide chicken amongst plates and serve with cucumber salad.

Nutrition Guide

PER SERVE

Energy (cal)	434cal
Protein	55g
Fat	21g
Saturated Fat	3.4g
Carbohydrate	4.4g
Sugar	4g
Sodium	157mg
Fibre	2.3g

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: No
Recommendations: Reduce chicken to 600g
Total Meal Calories: 395 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: Yes
Total meal calories: 434 cal

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