Paleo Chicken Nuggets (think Chick-fil-A)

Prep time: 1 hour 15 mins

Cook time: 30 mins

Total time: 1 hour 45 mins

Serves: 4-5

Ingredients

* 2 lbs boneless, skinless chicken breasts
* 1/2 cup pickle juice
* 1 egg
* 2 tbs heavy cream
* 1/4 cup tapioca starch (or arrowroot)
* 1 tbs paprika
* 1 tsp salt
* 1 tsp pepper
* 1/2 tsp garlic powder
* 1/4-1/2 tsp cayenne pepper (optional)
* 3 tbs coconut oil
* 2 tbs bacon fat\*
* \*if you do not have bacon fat, use 1/4 cup coconut oil

Instructions

1. Cube up the chicken.
2. Place it into a plastic bag and add the pickle juice; marinate in the fridge for 1-3 hours.
3. After marinating, open the bag and pour out any excess pickle juice.
4. In a separate bowl mix together the egg and the heavy cream and add the mixture to the bag. Let sit for five minutes.
5. Meanwhile, in a separate bowl mix together all the dry ingredients.
6. Again, open the bag and pour out the excess liquid. No need to fully drain, just discard any extra liquid.
7. Add the dry ingredients to the bag. Seal the bag and shake, massage, move around the nuggets to coat each one in the spice mixture.
8. Heat your fry pan and add the oil and fat.
9. Fry your chicken pieces in batches. About two minutes per side until golden brown.
10. Remove each batch to a paper towel to remove excess oil and then place on a baking sheet in the oven set at 170 degrees to keep them warm.

Homemade Honey Mustard

Ingredients

* 5 tablespoons medium body honey
* 3 tablespoons smooth Dijon mustard
* 2 tablespoons rice wine vinegar (or apple cider vinegar)

1. Combine all ingredients in a bowl and whisk until smooth.