

Paleo Coconut Chicken with Spiralized Sweet Potatoes and Roasted Veggies (Paleo, Whole 30)

Preheat the oven to 350 F to let it warm up. You'll want to have your chicken breast close to room temperature.

Roasted Vegetables: Starting with these as they need to roast 35-45 minutes depending on your oven and preference for how charred they can get. I like my roasted veggies a bit charred so I tend to cook them a little longer. Wash your vegetables and pat them dry. For this dinner I used what I had on hand: baby carrots, broccoli, and purple onions. You can toss them in olive oil or coconut oil if you'd like. I roast them oil free. Place them on a greased, foil lined baking sheet and let them roast away while you prepare the next two items. Season and/or salt them after they're out of the oven. For this dish I only used pink Himalayan salt.

Spiralized sweet potatoes: Wash and peel your sweet potato. Cut off the ends and place it onto the Spiralizer. **I used Blade B** from my 3-blade Spiralizer. Spiralize your sweet potato into noodles. Pour 1 tbsp. of olive oil into your hands or bowl and toss the sweet potato noodles to coat them. Then add pink Himalayan salt and a dash of paprika. Place onto a 2nd foil lined baking sheet and wait...

Coconut Crusted Chicken: I like to use the thin sliced chicken breasts, or to cut a whole chicken breast in half length wise to make it a thin chicken breast. As usual I didn't use measurements but you can taste test your coconut coating prior to rolling the chicken in it.

Mix unsweetened shredded coconut with almond flour. Add in garlic powder, onion powder, pink Himalayan salt, paprika, and chili powder. Essentially you're making a Cajun tasting seasoning to mix with the shredded coconut and almond flour, and it's the perfect compliment to the coconut's natural sweetness.

Next, coat your chicken breast with one organic egg and dredge it through the coconut/almond flour mixture thoroughly coating both sides.

Place the coconut coated chicken onto a greased baking dish or greased, foil lined baking sheet with the Spiralized sweet potatoes. I baked mine at 350 F for 12 minutes on one side, then flipped them to bake another 3-4 minutes. You can check your chicken earlier to see if it's done by cutting into it and making sure there is no pink showing or use a meat thermometer. Every oven varies.