

## **Coconut Crusted Baked Chicken w/ Charred Broccoli Salad** (Paleo & Whole 30)

### **Shopping List:**

#### **-Coconut Crusted Chicken-**

- 4 thin cut, organic boneless skinless chicken breasts
- 1 egg
- unsweetened shredded coconut
- Cajun seasoning (paprika, cayenne pepper, garlic powder, onion powder, salt)

#### **-Charred Broccoli Side-**

- 1 large head of broccoli
- olive oil to drizzle
- 2 handfuls of herbs of choice (recently used basil, rosemary, oregano)
- 1 tbsp tahini
- 1 tbsp lemon juice
- sea salt
- black pepper to taste

### **Directions:**

Preheat the oven to 375\* F. Rinse and cut the broccoli into florets and spread them out on a foil lined baking sheet. Drizzle with olive oil and a sprinkle sea salt over the broccoli. Roast for about 30-35 minutes until charred.

Meanwhile, mix together the tahini, lemon juice, and herbs in a bowl and set aside. Once the broccoli is done roasting, mix the broccoli in with the sauce before serving.

Once the broccoli is in the oven, begin coating the chicken. Dredge the chicken breast through a mixed egg and coat both sides with unsweetened shredded coconut. Sprinkle each side with Cajun seasoning. Place the chicken on a foil lined baking sheet and add it to the oven to bake for about 20 minutes, until thoroughly cooked through and no pink remains. (Be careful on timing so that you don't under or overcook the chicken!)