



cara price

ROSEMARY CHICKEN

INGREDIENTS

- 3 pounds chicken thighs or thin sliced chicken breast {boneless & skinless}
- 3 tablespoons fresh chopped rosemary
- 3 tablespoons orange juice
- 2 tablespoons arrowroot flour
- 2 tablespoons coconut flour
- 2 tablespoons coconut aminos
- 2 tablespoons ghee
- 2 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon nutmeg
- 1/4 teaspoon onion powder

DIRECTIONS

in a large bowl combine flours, salt, pepper, nutmeg, onion powder, garlic powder & chopped rosemary {make sure it is completely dry}

in a small bowl or mixing cup whisk together the coconut aminos, orange juice & mustard & set aside.

dredge chicken in flour mixture.

in a cast iron skillet, heat ghee & olive oil over medium high heat & brown all chicken on both sides {work in batches & keep warm on a plate}.

once the chicken is all browned, quickly whisk the orange juice mix into the remaining flour mixture to make a slurry.

return all the chicken pieces to the pan {discard any liquid that accumulated on the plate}, pour the slurry over the chicken & cover.

cook on low 15 minutes.

enjoy!