THE LIGHTER PLATE METHOD

Chicken & Almond Farofa

A crunchy, savoury ground-almond topping studded with shredded chicken — good scattered over salads or vegetables.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**6**	**EASY**

Ingredients

- 100 g almonds
- 1 tbsp flat-leaf parsley (chopped)
- 1 tsp sea salt
- 1 pinch black pepper
- 1 tbsp unsalted butter
- 1 small cooked chicken breast (shredded)

Method

1. Grind the almonds in a blender or food processor until they form a coarse flour.
2. Melt the butter in a pan and fry the almond flour, stirring constantly, until lightly toasted.
3. Add the shredded chicken and stir well.
4. Season with salt and pepper and finish with chopped parsley.

Tips & swaps

- Scatter over roasted vegetables or a green salad for extra crunch and protein.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
160	**9g**	**3g**	**13g**	**2g**

Estimated values, for guidance only. Contains: Tree nuts (almonds), Milk.