

# Chick-Fil-A *Gluten Free* Copy-Cat Chicken Sandwich



PREP TIME:  
30 MINUTES

COOK TIME:  
10 MINUTES

TOTAL TIME:  
40 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 6-8 Servings

## Ingredients:

- 2 lbs. Organic Chicken Breast – Each breast cut in half
- ½ - ¾ Cup Organic Pickle Juice (*I used Nature's Promise Organic Pickles – drain juice*)
- ½ Cup Water (for marinade)
- ½ Cup Non-Dairy Milk (for dredging chicken)
- 2 Large Organic Eggs
- Organic Canola Oil For Frying – Enough to submerge ¼ - ½ of chicken (likely 2-3 cups)
- Gluten Free Buns (***I used BFree Brand***)
- **Optional Toppings:** Pickle / Lettuce / Tomato / Vegennaise

## Breading Ingredients:

- 2 Cups Cassava Flour
- 1 Tablespoon Organic Confectioner's Sugar
- 1 ½ Teaspoon Paprika
- 1 ½ Teaspoon Ground Black Pepper (can use less if don't want spicy)
- 1 Teaspoon Chili Powder
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Baking Powder
- 1 Teaspoon Cayenne Powder (*do less or more depending on spice preference*)

## Instructions:

1. In a large Ziploc bag combine pickle juice and ½ cup water.
2. **Optional:** Pound chicken breasts so all equal in size. (*can use separate Ziploc bag and tenderizer tool*)
3. Add chicken to pickle juice/water mixture and let marinate for 30 minutes in refrigerator.
4. While waiting, combine all breading ingredients to another large bowl. Mix with whisk until combined.
5. In a separate bowl, add the eggs and milk – whisk together.
6. Once chicken is done marinating, start warming up oil to about 350 degrees.
7. Take marinated chicken and submerge into the egg/milk mixture.

8. Then roll chicken into breading/flour mixture until completely coated. Then dip chicken back in (double-dip) egg/milk mixture and then into the flour mixture again. This is the trick to the recipe! 😊
9. Be sure the oil is ready for frying before adding chicken to pan. (*do the **\*water test** to make sure sizzles*)
10. Place breaded chicken into hot oil and fry for 3-5 minutes on each side – getting to a golden color.
11. Place chicken on paper towel lined plate. Let sit at least 5 minutes before serving.
12. **Suggestions:** Serve with a leafy green salad/fresh steamed broccoli/kale chips  
**Sandwich options:** Sliced tomato/slice onion/leafy green lettuce/light mayo (or vegennaise)/cheese/pickles/jalapeno peppers/roasted peppers  
**\*Water test** – add a drop of water into pan – oil should sizzle slightly.

**\*Try and use all organic ingredients if possible.**

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