



Paleo Chicken Fried Steak with Country Gravy and Tomatoes

Ingredient List for steaks:

- 3 cube steaks
- 2 eggs, beaten
- 1 cup raw macadamia nuts
- 1 cup raw walnuts
- 2 tablespoons chili powder
- 1 tablespoon granulated garlic
- 1 tablespoon Kosher salt
- 1 teaspoon fresh ground black pepper
- 1 large tomatoes, chopped, for garnish
- Olive oil, as needed for frying steaks

Ingredients For Gravy:

- **1 pound Italian sausage**
- **2 cloves garlic, minced**
- **½ teaspoon red chile**
- **Fresh ground black pepper, to taste**
- **Almond flour, as needed to thicken gravy**
- **1 bunch fresh chives, minced (save 4 tips for garnish)**
- **2-15 oz cans of coconut milk, juice strained from cream**

Preparation Instructions:

1. Blitz nuts in blender and transfer to a shallow dish for breading.
2. Crack eggs into a mixing bowl and beat. Add chili powder, granulated garlic, Kosher salt and black pepper into eggs and mix. Add cube steaks to egg mixture and coat well on all sides.
3. Preheat a large skillet over medium-high heat. Add olive oil and minced garlic. Toast garlic for 1-2 minutes.
4. Add Italian sausage and season with red chile and black pepper. Break into large chunks.
5. Add the cream from your coconut milk cans. Mix well and add any almond flour needed to thicken the gravy (approximately 2-3 handfuls), to your liking.
6. Move pan to back burner over low heat.
7. Heat a stock pot over medium-high heat and add enough oil for frying.
8. Remove steaks from egg mixture and individually dip into the nut mixture to bread. Place into the hot oil and fry on each side until nuts are toasted. Remove from pan and place on a small sheet pan covered with paper towel. Repeat this step with the next two steaks.
9. Bake in a 350°F oven until it reaches an internal temperature of 165°F.
10. Bring your gravy pan back to a simmer and fold in minced chives.
11. Place one steak onto a plate, cover with gravy, top with a scoop of fresh chopped tomatoes and garnish with chive tips.

“Keep It Paleo!”