



Air Fryer Shrimp Parmesan

Aside from being a great source of protein, this dish was super flavorful considering it only required limited ingredients. After your first crunchy bite, you'll be wanting to make this again for your weekly meal prep.

Ingredients:

- 1 pound shrimp-peeled & deveined
- 1 egg - beaten
- 1/4C chia seeds
- 1/4C unbleached almond flour
- 1/8C parmesan cheese
- 1/2t garlic powder

Garlic Aioli:

- 1/4C unbleached almond flour
- 1/8C parmesan cheese
- 1/2t garlic powder

Directions:

1. Beat 1 egg in a bowl.
2. In a separate bowl mix together chia seeds, almond flour, parmesan cheese and garlic powder.
3. Dip and coat each shrimp in the egg, then in the mixture. Place in a single layer in the air fryer basket.
4. Air fry for 12 at 400°F. Repeat with remaining shrimp.
5. For the aioli, mix all ingredients in a bowl and drizzle on top to serve.

"The best view comes after the hardest climb."

