

When there?s 500g of Chicken Livers with a 33p discount sticker on it, you have to be inventive?..

So an 80p box of Chinese Stir-Fry bits, some Rice Noodles and a few bits and bobs from the cupboards and 20 minutes later we had this?

Ingredients:-

Chicken Livers
Milk
Breadcrumbs (Gluten free in our case)
Flour (Gluten free in our case)
Garlic Salt
Onion Salt
Mustard Powder
Black Pepper
Mixed Herbs
Chilli flakes
Rice Noodles
Stir-Fry Pack
Oil

Method:-

(1) Add Garlic Salt, Onion Salt, Mustard Powder, Black Pepper, Mixed Herbs and Chilli flakes to Milk and soak the Chicken livers.
(2) Add Garlic Salt, Onion Salt, Mustard Powder, Black Pepper, Mixed Herbs and Chilli flakes,

Bread Crumbs to the Flour and mix well.
(3) Give the Livers a good hour in the Milk mixture.
(4) Dredge the Livers in the Flour coating and set aside.
(5) In a large frying pan or Wok fry the Stir-Fry ingredients.
(6) Boil a kettle full of water.
(7) Heat the deep fat Fryer.
(8) Heat a large pan of salted water.
(9) In a separate frying pan fry the livers in a little Oil, turning occasionally.
(10) Drop ½ of the Noodles in the boiling water for a minute or so. Then drain and set aside.
(11) Pop the remaining Noodles in the fryer for a few seconds so that they puff up. Set aside to drain on kitchen paper.
(12) Run the Noodles through with boiling water so that they separate.
(13) Plate with the Noodles at the bottom, the Stir-Fry veg over the top, the crispy Chicken Livers and then dress with the crispy Noodles.

All in all for a cost of less than £3 for us and Tigger the Cat this was an outstanding meal!