

This sliced Chicken breast was the princely sum of £1.49 for 500g in my favourite discount fridge. But not all things are what they appear. It was very thinly sliced and a bit raggedy looking really. Not a problem - batter it!

We did have a few Gluten free Breadcrumbs in the fridge but not quite enough, so improvisation was required?..

## **Batter ingredients:-**

2 Eggs, whisked

Breakcrumbs (Gluten free for us)

2 bags of Crisps, bashed about to within seconds of their lives! (Flavour of your choice)

Plain Flour (Gluten free for us)

Garlic Salt

**Onion Salt** 

Turmeric (For colour)

Cornflour, for dredging

## Method:-

- (1) Mix the batter ingredients.
- (2) Cut the Chicken into suitable sized pieces.
- (3) Dredge in the Cornflour.
- (4) Coat in the batter mix.

(5) Fry in small batches and drain on kitchen paper.

We used a little salad in the wraps and Mayonnaise. Served with the remaining salad, home made Coleslaw and hand cut chips this was actually quite a filling and quick meal.