



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.