



As Milk products have now become a problem for Sue, we're re-inventing some of our favourite Gluten Free recipes. This was quite an easy fix and it worked really well.

Ingredients:-

2 Chicken Breasts

2 Tbsp of Garlic Butter, with additional dried Herbs - To add colour

Gluten & Dairy Free Breadcrumbs to coat, seasoned with Spices of your choice

1 Egg beaten

2 Tbsp of Cornflour

Method:-

- (1) Make a pocket in the Chicken Breast.
- (2) Spoon the Garlic Butter into the pocket.
- (3) Smother the outside of the breast with the excess Garlic Butter.
- (4) Coat with the Cornflour.
- (5) Dip in the Egg and then roll to coat in the Breadcrumbs.
- (6) Place in the fridge for 20 minutes to firm.
- (7) Cook in a pre-heated oven at 180c for 20 to 30 minutes.

We used our home Lacto fermented Garlic which has been ageing in the cupboard for a few months. Also Olive Spread to replace the Butter. It really packs a punch now?..