

GF Friendly

Sweet Chilli Chicken Strips

fried chicken pieces coated in sweet chilli sauce and polenta

Here's a simple recipe that can be adapted to suit your taste. I used a chicken breast fillet, but equally suitable would be any **uncooked** chicken pieces including drumsticks. If you fancy trying a spicier version, you could substitute hot chilli sauce; but my advice is to go with the original recipe first.

Once cooked, the pieces or strips can be used for the main dish; however, they also make for tasty finger food with a dip of choice. Even cold, they are good lunch-box snacks.

- 300g chicken breast fillet
- 4-5 Tbsps sweet chilli sauce
- 4 Tbsps Polenta (or breadcrumbs)
- Add extra if required



Olive oil (or other) for shallow frying
 They can be deep fried if you prefer

Remove any fat from the chicken fillet, then cut into pieces about 5cm x 3cm (2 x 1¼ inches). Place these in a suitable bowl, add the sweet chilli sauce and turn well to coat thoroughly. Cover the bowl and marinate in the fridge for at least 2 hours.

Put the Polenta (or breadcrumbs) in a dish. Roll each of the chicken pieces in Polenta and place on a cutting board. If there's any marinade left, you can dip each piece again and roll a second time in the crumbs – I did and it made for a thicker crunchy coating.

Pour enough oil (about 0.5cm or ¼ inch) in a pan or a wok – I find this better as it uses less oil and reduces the amount of splatter on the hob. Drop a small bread cube in the oil and heat until it sizzles. Fry the chicken in batches, turning frequently until golden; then place on a tray in a warm oven until ready to serve.

Serves 2-4 with accompaniments such as fries and/or salad

Should be okay to Freeze

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