

GF Friendly

Chicken Chilli Cheese Fries

Chicken coated in chilli sauce and cream cheese, then crumbed and fried

The cream cheese I used was rather stiff, but I know at least one other brand is thinner and would have been better. Should you like a spicier coating then add something like a shake of Tabasco or a ¼ teaspoon of chilli powder.

- 300g chicken breast fillet
- 2 Tbsp sweet chilli sauce
- 2 Tbsp cream cheese
- 1 cup breadcrumbs
- 1 Tbsp olive oil, or other cooking oil



Remove any fat from the chicken breast before cutting it into small pieces about 2cm x 4cm (1½ inch x 3 inch).

In a bowl, put the sweet chilli sauce with the cream cheese and combine well. Have another bowl ready with the breadcrumbs. Now, roll each chicken piece in the sauce mix, then roll in the breadcrumbs to coat.

Warm the oil in a frying pan and fry the chicken pieces, turning carefully and occasionally for about 15 minutes until cooked through and golden brown. I find that by lining the pan with baking paper there is less likelihood of the chicken pieces sticking and losing their coating (see Handy Hints HH54 Frying with Paper). Consign to a warm oven while the vegetables or chips are cooked, and/or the salad is prepared.

Serves up to 4 with vegetables, or chips and salad

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