



GF Friendly

Crunchy Fried Chicken

chicken fillets in a tasty crunchy coating

- 2 skinless chicken breasts
- 2 Tbsp olive oil
- 1/3 cup polenta
- 1 Tbsp finely grated Parmesan
- 1/2 tsp Cajun spice (optional)
- 1 rounded tsp chicken stock powder
- 1/4 cup finely chopped lean ham
- 1 tsp Dijon mustard
- 2 Tbsp low-fat mayonnaise
- 1 Tbsp skim milk



Carefully trim any fat from chicken, then slice both breasts lengthways to produce 4 thin steaks. In a shallow dish, mix mustard, mayonnaise and milk. In a separate bowl, combine polenta, Parmesan, spice (if desired) and stock powder, then mix in ham, ensuring that it is well separated. Spread this on a small plate.

Dip each steak in mustard mixture, then press one side carefully onto crumbs. Spoon a little more of the mustard mix on top, then turn and press to pick up the crumbs. Repeat with the other steaks. If necessary, spread any remaining ham bits evenly by hand until all are used up.

Fry over a low to medium heat until golden brown – about 4 minutes each side, turning only once and taking care not to dislodge the ham pieces. And try not to burn them like I did! Still tasted good, though.

Serve either with vegetables and a gravy or sauce of your choice, or salad.

Serves 4 (depending on size of chicken breasts)

Freezes well

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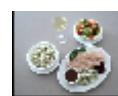
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