



Crispy chicken

READY IN



35 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 ml buttermilk
- ☐ 2 garlic clove crushed
- ☐ 4 chicken breast boneless skinless organic (total weight 550g)
- ☐ 50 g panko bread crumbs
- ☐ 2 tbsp self raising flour
- ☐ 0.5 tsp paprika
- ☐ 0.3 tsp dijon mustard english
- ☐ 0.3 tsp thyme dried
- ☐ 0.3 tsp chili powder hot

- ☐ 0.5 tsp pepper black
- ☐ 3 tbsp canola oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs

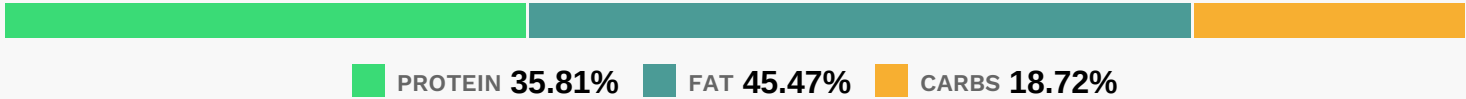
Directions

- ☐ Pour the buttermilk into a wide shallow dish and stir in the garlic. Slice the chicken into chunky slices, about 9.5cm long x 3–4cm wide.
- ☐ Lay the chicken in the dish and turn it over in the buttermilk so it is well coated. Leave in the fridge for 1–2 hrs, or preferably overnight.
- ☐ Meanwhile, heat a large, non-stick frying pan and tip in the panko crumbs and flour. Toast them in the pan for 2–3 mins, stirring regularly so they brown evenly and don't burn. Tip the crumb mix into a bowl and stir in the paprika, mustard, thyme, chilli powder, pepper and a pinch of fine sea salt. Set aside.
- ☐ When ready to cook, heat oven to 230C/210C fan/gas
- ☐ Line a baking tin with foil and sit a wire rack (preferably non-stick) on top.
- ☐ Transfer half the crumb mix to a medium-large plastic bag. Lift half the chicken from the buttermilk, leaving the marinade clinging to it.
- ☐ Transfer it to the bag of seasoned crumbs. Seal the end of the bag and give it a good shake so the chicken gets well covered (you could do all the crumbs and chicken together if you prefer, but it's easier to coat evenly in 2 batches).
- ☐ Remove the chicken from the bag.
- ☐ Heat 1 tbsp of the oil in a large, non-stick frying pan, then add the chicken pieces and fry for 1 mins without moving them. Turn the chicken over, pour in another tbsp of the oil to cover the

base of the pan and fry for 1 min more, so both sides are becoming golden. Using tongs, transfer to the wire rack. Repeat with the remaining seasoned crumbs, oil and chicken.

- ☐
- Bake all the chicken on the rack for 15 mins until cooked and crisp, then serve with the Crunchy coleslaw (see 'Goes well with', below right).

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:15.842608742092%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 312.24kcal (15.61%), Fat: 15.53g (23.89%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.45g (4.89%), Sugar: 2.74g (3.05%), Cholesterol: 76.5mg (25.5%), Sodium: 292.47mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.03%), Vitamin B3: 12.75mg (63.75%), Selenium: 42.39µg (60.56%), Vitamin B6: 0.91mg (45.3%), Phosphorus: 297.93mg (29.79%), Vitamin B5: 1.86mg (18.6%), Vitamin E: 2.26mg (15.07%), Potassium: 517.35mg (14.78%), Vitamin B1: 0.22mg (14.6%), Vitamin B2: 0.24mg (14.03%), Manganese: 0.23mg (11.62%), Vitamin K: 11.01µg (10.48%), Magnesium: 41.19mg (10.3%), Calcium: 79.49mg (7.95%), Vitamin B12: 0.44µg (7.41%), Iron: 1.31mg (7.29%), Zinc: 1.06mg (7.04%), Vitamin A: 293.2IU (5.86%), Folate: 21.47µg (5.37%), Copper: 0.09mg (4.53%), Vitamin D: 0.61µg (4.05%), Fiber: 0.93g (3.73%), Vitamin C: 1.87mg (2.27%)