

CRISPY BAKED CHICKEN

recipe by kate elizabeth

This is such an easy recipe to make and one that satisfies when you get that fried chicken craving. All you need is 3 ingredients plus some seasonings and you're away! Not only is it easy, but it is a lot healthier, lower in fat and salt than the take-away or ready made option that you may buy; and it simply uses normal chicken breasts... Goes great with sweet potato fries and a green salad for the ultimate treat!



Ingredients:

- 2 chicken breasts
- 1 large bowl rice crispies (approx 100g)
- 4 tbsp mayonnaise (I use vegan/egg-free mayonnaise)
- 2 tsp smoked paprika
- 2 tsp mixed herbs
- 1 tsp each salt and pepper

Method:

Preheat the oven to 210°C/Gas mark 7

1. Slice each chicken breast into about 5 or 6 smaller fillets and set aside.
2. Mix the rice crispies, paprika, mixed herbs, salt and pepper in a bowl, and slightly crush the mix - you can use a potato masher to do this.
3. Put the mayonnaise into a separate bowl.
4. Dip the chicken into the mayonnaise, and then into the rice crispies mix and then place onto the baking tray. Repeat this for each piece of chicken.
5. Place tray in middle-top of oven.
6. Check the chicken after 15 mins by cutting a piece in half to make sure it is cooked. *There should not be any pink parts - if there are put back in the oven for a further 5 mins.*
7. Serve and enjoy - best with sweet potato fries and a fresh green salad!

