

## Crispy Cajun Chicken

### Cajun chicken fried in egg and Panko crumbs

Another experiment that turned out well. The chicken could be cut into smaller pieces for bite-size finger-food. The addition of the Panko crumbs makes for a crunchy texture.

- 500g chicken breast fillets
- 1 tsp fresh chilli, finely chopped
- 1 rounded Tbsp capsicum, finely chopped
- 1 egg
- 1 tsp Cajun spice
- 2 Tbsps plain flour
- 4 Tbsps Panko crumbs
- light-tasting olive oil



Trim any fat from the chicken and cut into 10cm x 5cm x 1cm (4 x 2 x 1 inch) pieces. In a shallow dish, mix the flour, Cajun spice, chopped chilli and chopped capsicum. Beat the egg in a bowl. Put a sheet of baking paper on a separate tray or cutting sheet and keep handy.

Coat the chicken pieces with the flour mixture first and set aside. Mix the Panko crumbs with the remaining flour mixture. Now, dip each chicken piece in the beaten egg, transferring to the crumb mix to coat; and arrange them on the tray with the baking paper. Rest this in the fridge until ready to fry.

In a wok or frying pan, pour in sufficient oil for shallow frying (about 1cm). Fry the chicken pieces in batches to avoid steaming. Carefully turn them two or three times to achieve an all-over golden colour. Drain each batch on a piece of paper kitchen towel and continue frying the rest. Place **separately** on a tray and pop in the oven to keep warm while preparing the accompaniments.

Serve 3-4 with sauté vegetables, chips, and/or salad

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