

SOUTHERN FRIED CHICKEN

Southern Fried Chicken done the Rosemary Conley way is a tasty low-fat version of the take-away fast-food favourite.

Serves 2

Per serving: 394 calories, 6.8g fat (excl. accompaniments)

Prep time: 10 mins

Cook time: 40 mins

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Mix together the breadcrumbs, garlic and seasonings and transfer to a non-stick baking tray. Place in the oven for 10 minutes until the breadcrumbs are lightly toasted.
3. Dip the chicken breasts in the beaten egg, and then the breadcrumbs, and place on a non-stick baking tray. Bake in the oven for 25 – 30 minutes until cooked through.
4. Serve hot with fresh vegetables (excluding potatoes) or salad.

INGREDIENTS

2 chicken breasts (no skin)
1 egg, beaten
4 tbsps granary breadcrumbs
1 garlic clove, crushed
1 tsp paprika
1 tsp jerk seasoning
freshly ground black pepper

