



Crispy chicken

Serves 4

Prep 10 minutes

Cooking 15 minutes

Ingredients

¾ cup of milk

2 cloves of garlic, crushed

4 skinless chicken breasts

4 slices of bread, toasted

2 tbsp flour

1 heaped tsp paprika

½ heaped tsp chilli powder

Black pepper

Method

1. Heat the oven to 230°C.
2. Pour the milk into a shallow dish then add the crushed garlic.
3. Cut the chicken breasts into chunky slices and put into the milk.
4. Toast the bread and then grate the toast to make breadcrumbs, mix with the flour, spices and pepper and tip into a plastic freezer bag.
5. Put the chicken pieces into the freezer bag of breadcrumbs and shake making sure that the chicken is thoroughly coated.
6. Place the chicken pieces onto a baking tray covered in foil and cook in the oven for 15 minutes, turning once or until the chicken is golden brown.

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