

Gluten Free Breaded Sriracha Chicken Strips

From Freefromg.com

Ingredients:

1 Chicken Breast
2 Tablespoons Sriracha (The Glutenite used one with garlic)
2 DS Gluten Free White Ciabattas (or equivalent)
1 Large Egg
3 Tablespoons Gluten Free Plain Flour (Doves Farm here)
1 Teaspoon Chilli Powder
1 Teaspoon Sea Salt
Oil for frying (we always use Crisp N Dry blocks)

Directions:

- Cut the chicken into 2cm strips down the length of the breast, halve in length
- Put the chicken into a container and add the sriracha, mix with a fork or spoon until fully covered
- Leave to marinate for 2 hours
- Put the flour into a bowl or a bag
- Break the egg into a bowl or container, add a pinch of salt and whisk
- Break the ciabattas into pieces and put into a mixer, blitz until broken down into breadcrumbs
- Put the breadcrumbs into a large bowl, add the chilli powder and a large pinch of salt, mix
- Take a few of the chicken strips and put into the flour, gently shake the bowl or bag until all pieces are covered
- Pick each strip up and gently shake off any excess flour, put into the whisked egg
- Gently move the bowl or container so that the egg fully coats the chicken
- Take the coated strips out one at a time and place into the breadcrumbs
- Swirl the bowl around to get the breadcrumbs to stick
- Use your fingers to pat the bread crumbs into the chicken
- Put on a plate to one side
- Repeat until all the chicken strips are coated
- Heat your oil in a good size pan on high, to test if it's hot enough drop a few leftover breadcrumbs into the oil, if they immediately float the oil is the right

temperature (when using Crisp N Dry blocks it's so easy, just wait a minute or so after it has melted then it's ready)

- Fill a slotted spoon with strips (how many depends on pan size, don't overcrowd) and lower into the oil
- Fry for 1 1/2 minutes (no need to turn)
- Remove the strips from the oil with the slotted spoon and drain on kitchen paper
- Repeat until all strips are cooked