

Gluten Free Southern Fried Chicken

From Freefromg.com

This served 2 people with a side of chips each.

Ingredients:

1 Chicken Breast
1/2 teaspoon of the following:
Oregano
Chilli Powder
Sage
Basil
Marjoram
Onion Granules
Garlic Powder
1 teaspoon Salt
1 tablespoon Paprika
3 heaped tablespoons Corn Flour ([Masa Harina](#))
Milk
Vegetable Oil

Directions:

- Cut the chicken into 4cm x 1cm strips
- Put the chicken into a container and cover with milk
- Brine overnight in the fridge or for as long as possible, 30 minutes minimum
- Mix the corn flour, herbs and spices together until evenly blended
- Drain the chicken from the milk and coat with the flour blend in small batches
- Heat a saucepan with vegetable oil on high
- Fry the chicken strips in batches, 2 minutes per batch should be perfect
- Remove from pan and drain on kitchen paper