

# Southern Fried Chicken



**SERVES 4**



**PREP TIME 20 mins**



**COOKING TIME 8-12 mins  
(deep fat fryer) or 15-20  
(oven baked)**

## Ingredients

- 1 pack *Carla's Fried Chicken Spice*
- 600g chicken breast fillets
- 1 cup plain flour
- 1 cup milk
- 1 large egg
- Oil
- Salt
- 250g skinny fries
- 300g coleslaw
- Frozen mini corn cobs, or fresh whole corn cobs cut into thirds

## Instructions

- Cut the chicken breasts into strips approx. 4cm wide. Add the *Carla's American Fried Chicken Spice* to a bowl with a cup of flour and mix well
- Into another bowl add the cup of milk and the egg and whisk together. Dip the chicken pieces into the milk mixture and then into the spiced flour mixture and coat well. Shake off any excess and place on a prepared baking tray
- There are two options of how to cook the chicken, you can either cook in a deep fat fryer for 8-12 minutes, until golden brown, or you can cook in the oven
- To oven cook, preheat the oven to 200°C/392°F/Gas 6, using the fan and grill setting if you have it. If not, use fan to start off with then finish off using the grill to brown off. Place the chicken pieces on a baking tray then drizzle with oil and cook for about 15-20 minutes, until golden brown, turning halfway through cooking time
- In the meantime, cook the fries according to the pack instructions, either in the oven or deep fat fryer
- Put the corn cobs into a microwaveable bowl, cover with water and add a pinch of salt and cover the bowl with clingfilm. Pierce the clingfilm and microwave on high for 5-7 minutes
- Remove your chicken from the oven, and plate up with the fries, coleslaw and corn cobs. Enjoy!

Carla's product used in this recipe: [Fried Chicken Spice](#)

[www.carlasfoods.co.uk](http://www.carlasfoods.co.uk)

*Carla's*