

## Guilt free Baked Chicken

energy	protein	fat	carb	fibre	sodium	per portion
1463kJ	23g	15g	31,5g	0,5g	489mg	

### *Serves: 4*

8 chicken pieces  
Olive oil for drizzling

#### FOR MARINADE:

500ml buttermilk  
2 cloves garlic, crushed  
½t paprika  
A few sprigs of thyme, leaves picked

#### FOR DUSTING:

1 cup flour  
1t baking powder  
½t cayenne pepper  
Salt and pepper

### *Method:*

Mix marinade ingredients in a bowl and marinate chicken overnight.

Preheat oven to 190°C.

Mix flour, baking powder and cayenne pepper.

Dip chicken pieces into the flour mixture and shake off any excess.

Season lightly with salt and pepper and place onto a lightly greased oven tray.

Drizzle with a little olive oil and roast in oven for about 30-40 minutes or until golden brown and chicken is cooked through.

Serve with sweet potato crisps and a large salad.

### Top tip:

Take note of the carb content of these chicken pieces coated in flour! Be careful to cut back on any other carbs that you are having and focus on more vegetable crudites.