

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.