

## **Grainne O' Keefe's Fried chicken**

### **For the chicken:**

1. Remove the skin and place cling film over the breasts. Lightly flatten the breasts using a rolling pin (this is to make the chicken cook more evenly). Put the chicken in a bowl and add the buttermilk, onion powder, garlic powder, salt and paprika. Allow it to marinate for as long as possible (even the day before, in the fridge), but it can also be used after 15 minutes.
2. Remove the chicken from the buttermilk marinade and place on a tray. Dust the chicken in flour and ensure it is coated evenly. Next, put the egg in a bowl and add the chicken (one piece at a time), before transferring to a separate bowl with the breadcrumbs. Repeat with the other chicken pieces. Cook in an air fryer for 12 minutes on high (ensure the chicken is above 75 degrees internally before removing, check your manufacturers guidelines).

Alternatively, place on an ovenproof tray and cook at 190 degrees for 30-35 minutes.

### **Chimichurri:**

In a bowl, combine the chopped parsley, coriander, oregano, minced garlic, red wine vinegar and olive oil. Season with salt and black pepper to taste.

I also do a pepper sauce with the chicken fillet .. there's a bit of making in it, but it's very tasty! Definitely elevates your chicken roll!

### **Pepper sauce:**

1. Saute the shallot, garlic and pepper in the butter until soft (10 minutes). Deglaze with brandy (optional), and add the beef stock. Reduce by half and then add the cream. Reduce until thick and season with salt.

To assemble the rolls, cut the cooled baguettes in half and spread a layer of caramelised red onion on the bottom. Slice the chicken and arrange evenly on the rolls. Add the mixed leaf salad and drizzle the pepper sauce over the top.

**Corn Fritters:**

1. In a large bowl, combine the sweetcorn kernels, chopped broccoli florets, crumbled bacon, grated cheddar cheese, flour, baking powder, salt and black pepper.
2. In a separate small bowl, whisk the eggs until well beaten. Pour the beaten eggs into the corn mixture and stir until everything is well combined. Heat the vegetable oil in a frying pan over medium heat. Drop spoonfuls of the corn batter into the hot oil, shaping them into fritters using the back of the spoon.
3. Fry the fritters for about two minutes on each side, until they turn golden brown and crispy.
4. Once cooked, transfer the fritters to a paper towel-lined plate to drain any excess oil. Repeat the process with the remaining batter, adding more oil to the pan as needed. Serve with a dollop of crème fraîche and some chopped chives.

**Crispy fried sweet chilli chicken:**

In a mixing bowl, combine the chicken pieces with the low-calorie sweet chilli sauce and soy sauce. Let it marinate for at least 10-15 minutes.

During this time, wash and dry the spinach leaves and chop the spring onions. Set them aside for later use.

Heat the vegetable oil in a non-stick frying pan over medium-high heat. In a separate bowl, toss the marinated chicken pieces with cornflour until they are evenly coated. Add to the hot pan and fry until crispy and cooked through. This should take about six minutes, depending on the size of the chicken pieces. Stir occasionally to ensure even cooking. Once the chicken is cooked, transfer it to a plate lined with paper towels to remove any excess oil.

In the same pan, add the sliced yellow pepper and red onion. Fry them for four minutes until they become tender and slightly charred. Now, it's time to assemble the dish. Place a handful of fresh spinach leaves on each serving plate. Top with the fried chicken, followed by the fried yellow pepper and red onion. Garnish the dish with chopped spring onions.