

As Milk products have now become a problem for Sue, we?re re-inventing some of our favourite Gluten Free recipes. This was quite an easy fix and it worked really well.

Ingredients:-

2 Chicken Breasts
2 Tbsp of Garlic Butter, with additional dried Herbs - To add colour
Gluten & Dairy Free Breadcrumbs to coat, seasoned with Spices of your choice
1 Egg beaten
2 Tbsp of Cornflour

Method:-

(1) Make a pocket in the Chicken Breast.
(2) Spoon the Garlic Butter into the pocket.
(3) Smother the outside of the breast with the excess Garlic Butter.
(4) Coat with the Cornflour.
(5) Dip in the Egg and then roll to coat in the Breadcrumbs.
(6) Place in the fridge for 20 minutes to firm.
(7) Cook in a pre-heated oven at 180c for 20 to 30 minutes.

We used our home Lacto fermented Garlic which has been ageing in the cupboard for a few months. Also Olive Spread to replace the Butter. It really packs a punch now?..