



Crispy Pecan Chicken Strips

Servings: 4-5

Prep Time: 20min + 30 min cooling

Cook Time: 30 min

Ingredients

- 4 skinless boneless chicken breasts
- 30ml flour
- 10ml Ina Paarman's Chicken Stock Powder
- 1 egg
- 15ml Plain yoghurt, cream or buttermilk
- 125ml chopped peacn nuts
- 125ml fresh white breadcrumbs
- 10ml Ina Paarman's Lemon & Black Pepper seasoning
- 10ml ground cumin
- Canola or sunflower oil for frying

Directions

1. Cut chicken across the grain, on the diagonal into 1cm wide strips
2. Mix the flour and dry chicken stock powder in a plastic bag
3. Shake the chicken in this mixture until coated
4. Beat the egg and yoghurt together on a plate. Mix the nuts, breadcrumbs, seasoning and cumin on another plate. Dip the strips first in the egg and then roll it in the nut mixture. Space them out on a cooling rack and leave in the fridge for 30min to set or freeze for 15min
5. Heat a heavy based pan, when very hot add oil 1cm deep. Wait for oil to warm through and fry the chicken in batches, over medium heat, until golden all round
6. Drain on absorbent kitchen paper
7. Leave to cool down completely if packing for a picnic lunch