

MAKE OUR
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# HEALTHY FRIED CHICKEN HFC CLASSIC BURGER

#GRILLDNOSECRETRECIPE



## INGREDIENTS

- 1 whole wheat flour burger bun, perfectly toasted, golden brown on the outside
- 50g of egg mayo
- 2-3 leaves of fresh, crunchy cos lettuce
- RSPCA Approved chicken breast, use a small to medium size breast and butterfly in half. You want even thickness for consistent cooking
- ½ cup rice flour for coating the chicken breast before batter
- 2 eggs whisked or ½ cup buttermilk for coating the chicken breast
- 100% Natural Gluten free chicken crumb (ours is made with Rice Flour, Cornflour, Maize Flour, Tapioca Starch, Potato Starch, Salt, Onion & Garlic Powder, Bi Carb - but you'll be able to find a great option at your local health food store!)
- Australian Extra Virgin Olive Oil
- A pinch of herb salt
- 1 large Australian grown dill pickle

## METHOD

1. Place rice flour into a mixing bowl and coat the RSPCA Approved chicken breast
2. Remove the chicken breast and place into a bowl with the buttermilk to coat, leave it to soak for a few minutes
3. Put the chicken crumb ingredients in a small bowl, and mix together
4. Place the chicken breast in the crumbing to coat. If you want extra crispiness, add more crumbing
5. Cook your Gluten free HFC RSPCA Approved chicken breast in a deep pan with Australian Extra Virgin Olive Oil. Add the oil into the pan first and then add the chicken breast when the pan is hot. We recommend using a digital thermometer to check the oil temp is 170°C (tip: perfect temp will make sure the inside is cooked and the outside is crispy). Once removed, check the thickest part of the chicken breast has reached 75°C internally
6. Place chicken breast on a paper towel, and season with herb salt
7. Place the burger bun in your oven grill. Toast until golden brown on the outside
8. Spread the egg mayo evenly across base and top of the bun
9. Place the fresh, crunchy cos lettuce on the base of the burger bun
10. Finely cut the Australian grown pickle into three thin long-strip slices, and place on the top bun
11. Place the cooked chicken breast on top of the lettuce and season your HFC breast with another pinch of herb salt
12. Add the top of the bun to the burger and serve

