

Southern Baked Chicken

(NOT FRIED!)

Ingredients

4 boneless chicken thighs and 4 chicken drumsticks
(or 8 boneless chicken thighs)
60g ground almonds
60g oat flour
60g chickpea flour
2 tsp onion powder or granules
1 tsp smoked paprika
1 tsp celery salt
1 tsp garlic powder 3 eggs
Olive oil, to drizzle



You will need
Lined baking tray
Mixing bowls

Method

1. Heat your oven to 180 C/160 C fan/gas mark 4. Line a baking tray with foil or baking paper.
2. Put the ground almonds, oat flour, chickpea flour, onion powder, smoked paprika, celery salt and garlic powder into a mixing bowl and mix everything together.
3. Crack the eggs into a small bowl and beat with a fork or whisk until well mixed. Remember to wash your hands if you get any raw egg on your fingers.
4. Dip the chicken thighs and legs in the beaten egg followed by the seasoned flour, making sure the chicken is well coated (see my tip over the page). Put them on to the lined tray. Wash your hands well after handling raw meat. Drizzle the coated chicken pieces with a little olive oil.
5. Put the tray into the oven for 30 to 40 minutes or until the chicken is golden brown and cooked all the way through.

Remember!

Always ask an adult for help when using hot, sharp or heavy objects in the kitchen.

matilda
and the
Ramsay bunch