

When there?s 500g of Chicken Livers with a 33p discount sticker on it, you have to be inventive?..

So an 80p box of Chinese Stir-Fry bits, some Rice Noodles and a few bits and bobs from the cupboards and 20 minutes later we had this?

## **Ingredients:-**

**Chicken Livers** 

Milk

Breadcrumbs (Gluten free in our case)

Flour (Gluten free in our case)

Garlic Salt

**Onion Salt** 

Mustard Powder

Black Pepper

Mixed Herbs

Chilli flakes

Rice Noodles

Stir-Fry Pack

Oil

## Method:-

- (1) Add Garlic Salt, Onion Salt, Mustard Powder, Black Pepper, Mixed Herbs and Chilli flakes to Milk and soak the Chicken livers.
- (2) Add Garlic Salt, Onion Salt, Mustard Powder, Black Pepper, Mixed Herbs and Chilli flakes,

Bread Crumbs to the Flour and mix well.

- (3) Give the Livers a good hour in the Milk mixture.
- (4) Dredge the Livers in the Flour coating and set aside.
- (5) In a large frying pan or Wok fry the Stir-Fry ingredients.
- (6) Boil a kettle full of water.
- (7) Heat the deep fat Fryer.
- (8) Heat a large pan of salted water.
- (9) In a separate frying pan fry the livers in a little Oil, turning occasionally.
- (10) Drop ½ of the Noodles in the boiling water for a minute or so. Then drain and set aside.
- (11) Pop the remaining Noodles in the fryer for a few seconds so that they puff up. Set aside to drain on kitchen paper.
- (12) Run the Noodles through with boiling water so that they separate.
- (13) Plate with the Noodles at the bottom, the Stir-Fry veg over the top, the crispy Chicken Livers and then dress with the crispy Noodles.

All in all for a cost of less than £3 for us and Tigger the Cat this was an outstanding meal!