



The legs and wings were from a yellow sticker Chicken I butchered a while ago and froze. The mysterious nugget things are actually some Courgettes we'd peeled for a previous recipe we had in the fridge and some left over batter we made the day before for Tokneneng (battered Eggs!) Left overs don't go to waste here?...

Ingredients:-

Chicken legs and wings
Garlic Powder
Zest of a Lemon
Lightly crushed Black Peppercorns
Seasoned self raising Flour (Gluten free for us)
Olive Oil
Salt

Method:-

- (1) Marinate the Chicken portions in the Oil, Garlic Powder, Black Peppercorns and Lemon Zest.
- (2) Roll in the seasoned Flour to coat all sides.
- (3) Fry on all sides until browned and set aside.
- (4) Heat a fryer to 170c.
- (5) Deep fry in batches and drain. You are looking for 75c or above near the bone if you have a food probe. If not lift from the oil on stab with a skewer, if the juices run clear you're good.

We served ours in large home made Gluten free Yorkshire puddings with boiled spuds and stir-fried vegetables. Not quite a Sunday roast, but near enough!