

HOW TO USE · CHICKEN FILLET FRIED CHICKEN BURGER SEASONING

FRIED CHICKEN BURGER FILLETS

A dry spice mix for fried chicken burger fillets. The pouch is the seasoning only — the milk and pickle-juice marinade, and the flour, stay in the recipe.

SERVES	PREP	COOK
4	20 min + chilling	15 min

INGREDIENTS

- 4 chicken breast fillets, halved horizontally to make 8 thin pieces
- 2 cups (500 mL) pickle juice
- 1 cup (250 mL) milk
- 2 cups (300 g) plain flour
- 4 tbsp Chicken Fillet Fried Chicken Burger Seasoning
- Oil, for frying
- 4 burger buns and slaw, to serve



METHOD (frying)

1. Whisk the pickle juice, milk and 1 tbsp of the seasoning in a bowl. Add the chicken, cover and chill at least 1 hour, or overnight.
2. Mix the flour with the remaining seasoning in a shallow tray.
3. Drain the chicken, coat it well in the flour mix, and leave it to sit 5 minutes so the coating sticks.
4. Heat 2–3 cm of oil in a heavy pan to 180°C. Fry the chicken in batches 3–4 minutes each side, until golden and cooked through. Drain on paper towel and serve in the buns with slaw.

FRIED CHICKEN BURGER FILLETS

OVEN-BAKED FILLETS

220°C fan · 20–25 min

Less oil, still crunchy

1. Marinate the chicken as on the front.
2. Coat in the seasoned flour, spray well with oil and bake on a rack at 220°C fan-forced for 20–25 minutes, turning once, until golden and cooked through.
3. Serve in buns or with chips.

TENDERS

fry · 6–8 min

Same marinade, smaller pieces

1. Cut the chicken into strips and marinate as on the front.
2. Coat in the seasoned flour and fry 3–4 minutes each side.
3. Serve with a dipping sauce.

FAMILY TRAY

220°C fan · 25 min

Hands-off dinner

1. Marinate and coat as on the front, then arrange on a lined, oiled tray.
2. Bake at 220°C fan-forced until cooked through, turning once.
3. Pile onto a platter with buns and slaw so everyone can build their own.

OTHER WAYS TO USE IT

- → Use the dry mix as a seasoning on roast chicken if you are not frying.
- → The marinade also works on chicken wings before they go in the oven.
- → Leftover fried chicken is excellent in a wrap the next day.

ALLERGENS The pouch itself has no declared allergens. This recipe uses milk and wheat flour, so the finished burger contains milk and gluten (wheat). May be present: Soy, Gluten, Mustard, Sesame.
SALT This blend contains salt, so taste before adding any more.