Simply Southern Fried Chicken

Ingredients

- 400 g Chicken Fillet
- 1 Egg
- 1 tsp MAGGI® Concentrated Chicken Stock
- 2 tsp Chilli Flakes
- 1 cawan Self-Rising Flour
- 2 tsp MAGGI® CukupRasa™
- 50 g Oil
- 2 cawan Purple Cabbage
- 2 Carrot
- 1 Small Onion
- 0.5 cawan Low Fat Yogurt
- 1 g Salt
- 1 g Black Pepper

Instruction

1. Beat the eggs into the stock.
2. Soak the chicken in the egg mixture and set aside for 15 minutes.
3. Mix chilli flakes, flour and MAGGI® CukupRasa™ and dredge the chicken in it.
4. Pan-fry for 7 minutes on each side.
5. Mix grated cabbage, carrots and onions with yogurt and season to taste. Serve a heaping serving of it with your chicken and enjoy!

Nutrition

Carbohydrates	35.37 g
Energy	419.76 kcal
Fats	16.71 g
Protein	31.32 g

40 Minutes

4 servings