



CLONAKILTY

SOUTHERN STYLE CHICKEN FILLET & SLAW



By OneYummyMummy

Southern Style Chicken Fillet & Slaw

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Method

For the Chicken

- Flatten the chicken fillets with a rolling pin
- Brush with oil and toss in the corn flour and spice mix
- Fry on a well oiled pan over a medium heat for 5-7 minutes or until cooked through

For the Coleslaw

- Slice and grate the veggies



- Add the Crème Fraîche, dijon mustard and seasoning together and give a good mix

To Serve

- Serve the chicken on a brioche bun with the slaw

Ingredients

For the Chicken

- 1 Chicken Fillet per person
- 1 tbsp of Vegetable Oil
- 100g Corn flour
- 1 tsp Paprika
- 1 tsp Smoked Paprika
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Pinch of Cayenne Pepper

For the Coleslaw

- 250g of [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)
- 100g White Cabbage, thinly sliced
- 100g Red Cabbage thinly sliced
- 3 carrots, grated
- 1 Red Onion, finely diced
- 100g Mayonnaise
- 1 tsp Dijon Mustard
- Season with salt and pepper

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