



Chicken burger and chips

Ingredients (Serves 2)

For the chicken

Vegetable oil
2 chicken breasts
300ml of buttermilk
100g of plain flour
2 tsp of oregano
2 tsp of chilli flakes
2 tsp of paprika
2 tsp cayenne pepper
2 brioche buns

For the garnish

1 large tomato
1 onion
1 gem lettuce

For the chips

2 large potatoes

Method

- Slice the chicken breasts lengthways, which will reduce the time to cook. Place them in a container, cover with the buttermilk
- Mix the flour, oregano, paprika, cayenne pepper, and chilli flakes together in a bowl
- Heat a large frying pan over a medium heat and add the oil
- Chop the potatoes into large chip sizes and place in the hot oil to one side of the pan
- Remove the chicken from the buttermilk and place in the seasoned flour, making sure all is coated
- Shaking off any excess flour, place chicken in the pan until golden-brown all over and cooked through (do not crowd the pan)
- Slice the tomato, onion and gem lettuce and pile up onto brioche bun
- Remove chips and chicken from pan and drain on kitchen paper to remove excess oil
- Season to taste
- Place the burger on the bun with the garnish, and serve with the chips.

Jonny Marsh



To watch Jonny make his buttermilk chicken burger, go to:
unitedutilities.com/jonnymarshrecipes

Think before you pour

Pouring fats down the sink can cause blockages to drains and sewers. It can also lead to fatbergs and sewer flooding.

Handy hint 1: Dispose of your cooled leftover fat and oil into the bin.

Handy hint 2: If you have a lot of oil left, take it to your local recycling centre (your council can advise where this is).

