

Fried Chicken Makeover



Original Fried Chicken

Serving size: 2 Drumsticks

Cost per serve: \$1.21*

Makeover Fried Chicken

Serving size: 2 Drumsticks

Cost per serve: \$1.03*

Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) by:

- Removing the skin from the chicken
- Omitting the salt
- Changing the cooking method to baking instead of frying



Ingredients- 10 serves

Original

Chicken drumsticks	1.5kg
Salt	20g
Brine	3L
White flour	150g
Cumin powder	1 Tbsp
Dried mixed herbs	1 Tbsp
Chili powder	¼ tsp
Paprika	1 Tbsp
Ground coriander	1 Tbsp
Onion powder	1 Tbsp
Garlic Powder	1 Tbsp
Eggs	4
Oil for deep frying	115g (absorbed)

Makeover

Chicken drumsticks	1.5kg
Wholemeal flour	150g
Cumin powder	1 Tbsp
Dried mixed herbs	1 Tbsp
Chili powder	¼ tsp
Paprika	1 Tbsp
Ground coriander	1 Tbsp
Onion powder	1 Tbsp
Garlic powder	1 Tbsp
Eggs	4
Spray oil	15ml

Method for Makeover

1. Heat oven to 200°C
2. Mix together the flour, cumin, mixed herbs, chilli, paprika, coriander, onion powder and garlic powder
3. Dip the chicken in the flour mixture
4. Beat the eggs and dip the floured chicken in the egg
5. Dip the chicken once again in the flour mixture
6. Place in a container space apart in the refrigerator for at least 30 minutes or up to 2 hours
7. Place on a baking tray and spray lightly with cooking oil
8. Bake for approximately 30-40 minutes or until well cooked

Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	1575kJ	1084kJ	491kJ
Fat	21.2g	9.8g	11.4g
Saturated fat	8.8g	2.5g	6.3g
Carbohydrate	12.9g	10.6g	2.3g
Fibre	0.4g	2.0g	1.6g
Sodium (Na)	1225mg	180mg	1045mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>