



## RECIPE

# 'SECRET' KFC SEASONING

GRAIN AND DAIRY FREE!

This recipe is for a large batch. Store leftovers in an airtight container, ready for an easy nights dinner.

## INGREDIENTS

- 2 tablespoons salt
  - 1 tablespoon black peppercorns
  - 1.5 tablespoons dried onion flakes
  - 1 tablespoon dried garlic granules
  - 1 tablespoon dried rosemary
  - 1/2 tablespoon dried basil
  - 1/2 tablespoon paprika
  - 1/2 tablespoon dried oregano
  - 1/2 tablespoon yellow mustard seeds
  - 1 teaspoon dried thyme
  - 1 teaspoon dried tarragon
  - 1 Whole Chicken cut into pieces
  - 350 grams tapioca/arrowroot flour or almond meal or coconut flour (or a blend of these flours)
- For those that are Celiac or Gluten Free you are best to use almond meal and/or coconut flour.

## METHOD

1. Preheat oven to 200 degrees.
2. Place all spices into a food processor or thermomix and blitz to a powder approximately 1 minute.
3. Combine spices with flour and stir til well combined.\
4. Place a couple of the chicken pieces in a plastic bag with 1/2 cup of seasoning and shake to cover the chicken. Repeat with remainder of the chicken. 1/2 a cup should be enough to coat the entire chicken.
5. Place on a baking tray and place in your oven and cook for about 30-40 minutes.
6. Serve with roast vegetables and/or salad.

