

Bashed Chicken

4 boned and skinned chicken thighs

plain flour

turmeric

cumin

oil for cooking

- Flour the surface and take a rolling pin and bash the chicken flat. Then put the flour and spices in a bowl and cover the chicken in the spicy flour. Take a ridged pan heat oil then pan fry the chicken.

Spinach Toast

This is a lovely quick recipe and a healthy take on french toast.

2 eggs

Sliced Bread

Butter for cooking

Frozen Spinach

pinch of nutmeg

- Defrost the frozen spinach, then with a blender the spinach with the eggs and pour the egg/spinach mixture into a flat dish and soak the bread in the dish. Let the bread soak, then melt some butter in a pan and gently fry the soaked bread.