Chicken burgers

Ingredients (serves 4)

4 skinless chicken breasts

4 slices of bread (slightly stale)

½ cup cornflakes

1tsp Cajun spice

2 eggs

½ cup flour

salt and ground white pepper

4 buns, sliced in half

Toppings of your choice

Method

Line a baking tray with baking parchment. Preheat your oven to 170C full fan. If you have a deep fat fryer, fill with oil and preheat to 170C, otherwise you can use a large frying pan filled with about 1cm of oil. I like using rapeseed oil.

Start by butterflying each chicken breast: lay the chicken flat on the chopping board then cut through the centre horizontally and stop before you get to the edge. Open out the piece of chicken and flatten with your hand. Set aside.

Tear the bread and place into a food processor with the cornflakes and Cajun spice. Blitz into breadcrumbs and tip into a bowl.

In a separate bowl, crack the eggs and whisk.

Place the flour in a third bowl and season with a pinch of salt and ground white pepper.

Time to pané the chicken breasts. One at a time dip each chicken breast into the seasoned flour (shake off any excess flour), followed by the egg (again shake off any excess) and then coat in the breadcrumbs.

Deep fry until golden, remove with a slotted spoon and place on a tray lined with kitchen towel to absorb the excess oil. Then transfer to the lined baking tray and finish in the oven for around 10 minutes. Remember that by butterflying the chicken it's now thinner so doesn't take as long to cook.

Or if you're using a frying pan, heat the pan with the oil in over a medium heat then shallow fry the crumbed chicken for about a minute on each side, remove with a slotted spoon and place on a tray lined with kitchen towel to absorb the excess oil. Then transfer to the lined baking tray and finish in the oven for around 10 minutes.

Once the chicken is cooked, its time to assemble your burgers with whatever takes your fancy. For me, the perfect chicken burger has a slice of beef tomato, a dollop of harissa mayonnaise and topped with a slice of mature cheddar. Enjoy!