

CHICKEN WITH CHEESE PUFFS



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4 boneless, skinless chicken breasts

salt, to taste

pepper, to taste

3 cups buttermilk (720 ml)

1 packet ranch seasoning

10 cups cheese puff (270 g)

oil, to fry

Season chicken breasts with salt and pepper.

Make parallel cuts in each chicken breast without slicing all of the way through. Place chicken breasts in a large bowl.

Add buttermilk and ranch seasoning mix to the bowl and stir until chicken is well-coated. Marinate in refrigerator for 4 hours, or overnight.

While chicken is marinating, place cheese puffs in a food processor or blender and pulse until finely ground. Pour into a large bowl.

Using tongs or yours hands, toss each marinated chicken breast into cheese puff powder.

Bend coated chicken breast to form a hollow circle. Use a toothpick to seal the ends together.

Heat oil to 350°F (175°C) in a large skillet or pot.

Carefully place each breast in the hot oil and cook for 4-5 minutes, or until internal temperature of chicken breast reaches 165°F (75°C).

Remove the chicken breasts and transfer to a paper towel-lined plate.

Serve with french fries, carrots, broccoli, and ranch dressing, if desired.

Enjoy!

Recipe posted by Esme Scheepers Van Wyk