

Crusty crumbed chicken legs

Serves 4

500g chicken legs

Extra virgin olive oil

**1 cup gluten-free dried
breadcrumbs**

⅛ tsp pepper

¼ tsp salt

Preheat oven to 180°C.

Place chicken legs in a large mixing bowl and coat liberally with oil.

Next, put the breadcrumbs, salt and pepper into a large sealable plastic bag.

Place the chicken legs into the plastic bag and coat well with the crumb mixture.

Place chicken legs onto an oven rack.

Cook for approx. 40–45 minutes, making sure to turn at least once, until golden brown and the juices run clear.

Serve.



Beef tacos

Serves 4

Gluten-free hard taco shells

1 tsp olive oil

½ cup chives, chopped finely

500g beef mince

1 tsp salt

¾ tsp paprika

½ tsp dried chilli flakes

¼ cup water

¾ tsp oregano, dried

½ tbsp tomato paste

1 lettuce, cos

1 punnet cherry tomatoes, halved

1 cucumber, common, diced

Lactose-free sour cream (optional)

Salsa (*see recipe on page 67*)

250g lactose-free cheese, grated

Heat taco shells in oven according to instructions.

Into a medium saucepan over a medium heat, place the olive oil, chives and mince and cook until browned.

Add salt, paprika, dried chilli flakes, water, oregano and tomato paste. Combine well, cook for a further 5 minutes. Season to taste and then set aside.

Take a taco shell and fill with mince mixture, add a layer of lettuce, then tomato, cucumber, sour cream, salsa and finally the grated cheese.

Serve.

