



Cajun Fried Chicken Wings

Ingredients

For the marinade

- 8 chicken wings
- 1 teaspoon garlic paste
- 3 teaspoon [Le' Spice Cajun Seasoning](#)
- a drizzle of olive oil
- 2 teaspoon of salt

For the coating mix

- 1/2 cup of bread crumbs
- 3/4 cup of self-raising flour
- 1/2 teaspoon of salt
- 1/2 teaspoon of [Le' Spice Cajun Seasoning](#)
- 1 egg white
- Oil for deep frying

Method

1. In a large zip lock bag, combine all of the ingredients together and message it on to the chicken wings until well combined
2. Then stab the chicken wings on random spot using a steak knife
3. This will help the seasoning to penetrate the chicken to make the wings more flavorsome
4. Marinade the wings in the fridge overnight
5. Beat the egg white in a bowl until frothy
6. Then submerge the wings into the egg white
7. In another large zip lock bag mix the breadcrumbs, flour, salt and Cajun seasoning and shake it well till all combined
8. Remove the chicken from the egg white and drop the wings into the flour bag
9. Shake the bag really well until all of the wings are coated with the flour seasoning mixture
10. Heat the oil in a frying pot (I used a deep wok)
11. Test the oil by dropping a piece of toast if the toast float nicely in the frying oil, the oil is hot enough to fry the chicken
12. Shake the excess flour from the chicken and drop it gently into the frying oil
13. Fry the wings until golden brown on both side
14. Drain the wings well on top of the paper towel
15. Serve with some nice garden salad and soft dinner rolls
16. I had mine by removing the bone from the wings, stuffed the chicken pieces into a soft dinner roll, topped with garden salads and dressed with a little bit of mayonnaise on top

Happy Cooking

With Lots of Love



Aliza, on Behalf of Our Team at Le' Spice