

Chicken Goujons

Ingredients

- 1 X Chicken breast
- 100ml Milk
- 1 x Egg (Beaten)
- 100g Breadcrumbs in a bag
- 50g Plain flour in a bag



Equipment

Red chopping board, large knife, 1 small glass bowl, measuring jug, fork, greased baking tray.

Method

- 1- Cut the chicken into goujons (strips) on the chopping board
- 2- Place the egg and milk into a small bowl
- 3- Keep the measured flour and breadcrumbs in separate opened freezer bags.
- 4- Using your fingertips pass the chicken goujons into the flour
- 5- Shake off, then place into the milk/egg mix
- 6- Now pass them into the breadcrumbs.
- 7- Lay them onto a greased baking tray
- 8- Place on a tray and bake at 180 degrees/gas mark 4 for approximately 12 minutes.