

Chicken Goujons



Equipment

- Food Processor
- Baking Tray with greaseproof paper
- Sharp Knife
- Small bowl
- Table Fork
- Plate

Ingredients

**Please bring a container to
take home your product**

1 Chicken Breast / 175g Halloumi
2 Slices of White or Wholemeal Bread...OR.... Cornflakes
2 Tbsp Plain Flour (WCA to provide)
1 Egg

Additional Ingredients:

1 Tbsp Dried Mixed Herbs
1 Tablespoon Parmesan Cheese
1 Tsp Chilli / Curry Powder
1 Tsp Chilli Flakes
¼ Tsp Black Pepper

Method

STEP 1

Pre-heat the oven at 200C or Gas mark 6.

STEP 2

Line a baking tray with greaseproof paper.

STEP 3

Place the slices of bread into a food processor and pulse so the bread forms crumbs, then scatter these onto a plate. Add any additional flavours to the breadcrumbs.

STEP 4

Crack the egg onto a plate and beat with a fork. Then place the flour onto a plate.

STEP 5

Cut the chicken / halloumi into strips. Then coat these pieces in the flour.

STEP 6

Then dip the Chicken / halloumi pieces into the beaten egg.

STEP 7

Roll the pieces in the breadcrumbs / cornflakes until evenly coated. Place on a lined baking tray.

STEP 8

Bake in the oven for 15 – 20 minutes until golden brown. Use a food probe to check the chicken has a core temperature of 75C. If it does not, it needs to be back into the oven until it reaches 75C.