

# Chicken Goujons

Succulent and juicy baked crispy chicken goujons, coated in panko breadcrumbs. A lighter way to make crispy chicken strips that adults and children will love!


## INGREDIENTS

- 1 chicken breast, cut into strips
- plain flour, seasoned
- 1 egg, beaten
- 50g panko breadcrumbs
- 2 tablespoons sunflower oil
- ¼ tsp paprika
- ½ garlic powder
- A pinch of salt and pepper
- A pinch of cayenne
- Spray oil or brush with a small bowl of oil

## EQUIPMENT

- Sealable bag
- Baking tray line with foil
- 3 small bowls
- Chopping board
- Sharp knife
- Measuring spoons



  
Prep Time:  
15 mins

  
Cook:  
20 mins

  
Ready In:  
35 mins

  
Serves:  
1 chicken/person

## METHOD

1. Pre-heat oven to 220C / 200C fan. Line a baking tray with foil and brush with oil.
2. Place the cornflakes into a plastic bag and bash up with a rolling pin. If using breadcrumbs instead, place in a dish and season with salt and pepper. Set aside.
3. Combine the garlic, salt and pepper, paprika, cayenne and 2 tbsp of oil in a zip bag and add the chicken. Marinate overnight if possible.
4. Arrange the breadcrumbs, egg and flour in separate bowls. Dip the chicken breast into the flour, then the egg and finally the breadcrumbs.
5. Transfer the chicken onto the baking tray, spray with a generous amount of spray oil and cook for 20 minutes until cooked through.
6. Serve the chicken goujons with some salad or steamed vegetables.