



# Chicken Goujons

## *Ingredients:*

2 chicken fillets

1 large egg

1 bowl cornflakes **OR** doritos, crushed

Paprika **OR** cajun seasoning (optional)

## *Method:*

Preheat the oven to 180C.

Lightly oil a baking tray.

Beat the egg in a bowl.

Put the crushed cornflakes/doritos in a separate bowl, and add whatever seasoning you are using.

Cut your chicken into strips.

Dip the chicken strips into the beaten egg making sure it's fully coated.

Then dip the egg coated chicken into the crumb mixture.

Put on your lightly oiled baking tray.

Pop into the oven for 15-20 mins, or until the chicken is fully cooked.

NOTE – Check the chicken is cooked by cutting a piece in half to see if the meat is white all the way through.