

Chicken Goujons

Equipment needed: Cutting board, 3 small bowls, blender or food processor, whisk, 2 forks, frying pan or baking tray

Ingredients

Chicken breast
¼ tsp paprika
1 egg
Flour
Breadcrumbs
Salt and pepper
oil

Method

1. First and most important rule: Do NOT lick your fingers at all during the making of this recipe. Raw egg and raw chicken involved!
2. To make fresh breadcrumbs put a slice of bread into a blender and blitz. Place into a shallow bowl. (Or you can buy breadcrumbs if you wish)
3. Break the egg into a shallow bowl and whisk to mix.
4. Place some flour in another bowl, and add the paprika. Mix.
5. Cut the chicken breast into bite sized nuggets.
6. If you want to use 2 forks, one to pick up a piece of chicken, then dip in the flour, dip in the egg and roll in the breadcrumbs until coated. Use the second fork to help you place the coated goujon on a clean chopping board
7. Heat a little oil in a frying pan and fry the chicken for approx. 3 minutes on each side (depending on thickness of goujon). Or you can place all the goujons on a baking tray lined with greaseproof paper, and bake in the oven at 180C for 30 minutes, turning over once halfway through.