

BREADED CHICKEN GOUJONS

by Ben Merry

I wanted to include this recipe because my mum makes it for me and it's so nice. You can use this recipe to make a delicious dinner or to make a warm chicken roll which is brilliant for a school lunch.

MAKES 8

- 4 chicken breast fillets
- 120g wholemeal bread or roll
- 3 medium eggs
- 3 tsp garlic granules
- 2 tsp freshly squeezed lemon juice
- ½ tsp freshly ground black pepper
- sea salt
- ¼ tsp mustard powder
- 1 handful freshly chopped parsley
- Frylight spray

1. Preheat oven to 200°C/180°C fan/Gas 6. Line baking sheet with grease-proof paper and spray the paper with frylight (or grease with a little oil).
2. Break bread apart and put in food processor and blitz until it forms fine breadcrumbs. Place on a plate and set aside.
3. In a bowl beat the eggs then add in the garlic, lemon juice, mustard powder, salt, black pepper and parsley – and then stir to mix.
4. Cut chicken into strips. Then dip each strip first into the egg mix and then roll in breadcrumbs to coat evenly. Place each breaded chicken strip on the oven tray. Repeat this until all strips are done. To finish spritz the strips with a little more frylight.
5. Place tray in oven and bake for 25-30 mins (depending on the thickness of strips) until cooked through and golden brown.
6. These goujons are delicious served with creamy mash and salad.

