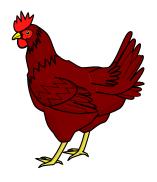




CHICKEN GOUJONS

CORNFLAKE

RECIPE



INGREDIENTS

- I large chicken breast in chunks
- 125g cornflakes
- 25g parmesan
- 2 eggs beaten
- 3 tablespoon flour
- Flavouring of choice, garlic, or paprika etc

EQUIPMENT NEEDED

Safety Knife or Vegetable Knife

Chopping Board

Oven for baking

Measuring Spoons

Dish to serve

Plates for coatings

Fork for whisking eggs









INSTRUCTIONS

- I. Pre heat oven to 200 Line trays with baking paper
- 2. Mix crushed cornflakes with parmesan and flavouring
- 3. Coat each chunk of chicken with first flour then egg and then cornflake mix
- 4. Put on trays Bake 20 mins

