



CHICKEN GOUJONS

CORNFLAKE

RECIPE

INGREDIENTS

- 1 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

1. 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

