

Chicken Goujons

Tasty strips of crumb coated chicken are great for children and adults alike.

Accompany them with a green salad together with wedges and dips for a hearty feast.



Preparation time 10 minutes, Cooking 10 - 12 minutes, serves 2 - 4 persons

Ingredients

125g dried DS-gluten free breadcrumbs
1 large egg beaten
300g mini chicken breasts cut into strips
Sea salt and cracked black pepper
Oil for shallow frying

Method

1. Put the egg in a shallow dish and the dried breadcrumbs on a plate.
2. Then season the chicken pieces, dip them into the egg and ensure they are well coated, then cover them with the breadcrumbs, turn the strips over and make sure they are well covered.
3. Heat the oil in a non-stick frying pan, the fry the chicken goujons in batches for 5 - 6 minutes, turning over.
4. Drain on kitchen paper and serve.

Breadcrumbs are easy to make

1. Take some GF Rolls or slices of GF Bread and place them in a food processor to crumb.
2. Then place the crumbs on a baking sheet and bake in an oven until the crumbs are dry and crisp.