

Chicken Goujons

Method

1. Preheat oven to 180°C
2. **Line** the baking tray with baking paper
3. **Weigh** out the breadcrumbs into the large mixing bowl
4. **Mix** 4 tsp of seasoning mix into the breadcrumbs
5. Spread the flour onto the serving plate
6. Break the egg into the small mixing bowl and **whisk** with a fork
7. **Slice** the chicken into strips
Use a red chopping board and safety mat
8. **Coat** each piece of chicken in the flour, shake off any excess
9. In turn, **coat** each piece of chicken in egg, then breadcrumbs
10. Evenly place onto the baking paper
! Wash your hands
11. **Bake** for 20-25 minutes until golden-brown and fully cooked **[A]**
For best results, flip the chicken after 10 minutes
! Unsure if fully cooked? Ask your teacher to temperature probe

Ingredients

- 80g breadcrumbs
- 2 chicken breasts
- 1 egg
- 2 tbsp flour (school)

Seasoning Mix (all school)

- Salt
- Pepper
- Cajun seasoning
- Garlic granules

- Container

Equipment

- Blue tray
- Safety mat
- Vegetable knife
- Fork
- Measuring spoons
- Baking paper
- Tongs

- Large mixing bowl
- Small mixing bowl
- Plate
- Baking tray
- Red chopping board

Key Moments



[A] Golden-brown chicken goujons