





Chilli Chicken Goujons

Ingredients:

350g/12oz chicken

Olive oil

75g/3oz Chilli Breadcrumbs

Chilli/Thai dipping sauce or garlic mayonnaise to serve

Method:

Cut chicken fillets into pieces about the size of a forefinger.

Brush the chicken with olive oil and coat in Chilli Breadcrumbs. Preheat the oven to 325°F, 170°C or gas mark 3 and lay the goujons on a lightly oiled baking tray and cook for 7 or 8 minutes.

Alternatively, for a heavier breadcrumb coating, prepare chicken as before and cover in flour, dip in beaten egg then coat in breadcrumbs, leave to set, bake as above or deep fry at 190°C/375°F for approximately 1 or 2 minutes until the goujons are golden.

Serve with a suitable dipping sauce, e.g. sweet chilli sauce. Add a tablespoon of freshly chopped coriander and enjoy.