**Cornflake Goujons**

**Group:….. Making on:………………………….**

**Don’t forget to weigh out ingredients at home (if possible) and bring a tub AND food bag.**

**Ingredients:**

* 2-3 skinless/boneless chicken breasts (raw) or 4 quorn chicken fillets.
* 140g cornflakes
* 3 tbsp plain flour
* 2 medium eggs
* Salt and pepper (1 tspn of each)
* **A large food/freezer bag (this will be used to crush the cornflakes)**

**Method**

1. Preheat the oven to 200°C/gas 6. Collect a baking tray lined with foil.
2. Put the cornflakes in a food bag and seal. Wrap the bag in a tea towel and use a rolling pin to roll on top of the bag to crush the cornflakes into smaller pieces.
3. Collect 3 bowls, put the cornflakes in the first, then flour in the second and then crack open the eggs into the third. Beat the eggs with a fork.
4. Stir the salt and pepper into the flour.
5. [](https://thesevenhillscollection.wordpress.com/tag/pan-fried-chicken/)Use a red chopping board and knife to chop up the chicken into smaller chunks. **If using Quorn use a white chopping board.**
6. Pick up your first piece of chicken and place it into the seasoned flour and coat it. Shake off the excess.
7. [](http://www.onceuponachef.com/2013/10/pecan-crusted-chicken-tenders-with-honey-mustard-sauce.html)Then dip it into the beaten egg, turning to coat it.
8. Last, dip the chicken into the crushed cornflakes, making sure each piece is completely covered.
9. [](http://www.inthekitchenwithjenny.com/2013_01_01_archive.html) Space the coated pieces out on the baking tray and repeat until all the chicken is done.
10. Cook for 15-20 minutes until golden, crisp and cooked through.
11. [](http://natashaskitchen.com/2014/05/14/baked-breaded-chicken-strips-recipe/)Take out of the oven and leave to cool on a wire rack.
12. [](http://lowcarbyum.com/gluten-free-coconut-flour-chicken-tenders-baked-paleo-recipe/) Fold up the foil and carefully dispose of in the bin. Wash the tray/wire rack and other equipment and place the goujons in your tub.