**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. 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. 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.  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. Take out of the oven and leave to cool on a wire rack.
12.  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.