

Crispy Chicken Goujons

Allergens – **Gluten, Egg & Milk**

Ingredients

Quantity	Ingredient
1.2 kg	Chicken Breast (raw)
500 g	Plain Flour (contains Wheat)
675 g	Golden Breadcrumbs (contains Wheat)
500 ml	Semi-Skimmed Milk
200 g	Egg (4)
20 ml	Vegetable Oil
20	Tortillas (contains Wheat)



Method

1. Cut the chicken into strips.
2. Mix the egg and milk together in a bowl to make egg wash.
3. Place flour in a separate bowl.
4. Place the breadcrumbs in a separate bowl.
5. Dip strips of chicken into flour then egg wash and coat with breadcrumbs.
6. Place coated strips on a non-stick tray and spray lightly with vegetable oil.
7. Bake in a moderately hot oven for 20 minutes until golden brown.
8. Serve 3 to a portion along with 1 Tortilla.

Nutritional Content per 140g = 3 Goujons

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 275.1	= 3.6	= 0.73	= 2.9	= 0.46	= 43.1

Portion size - 140g

1 Tortilla @ 60g = 34.6g **Carbs**