

## Cooking our way out of the Lockdown Blues

Welcome to our fourth edition of Hints, Tips and Recipes

Below is a recipe for Chicken Goujons from our school lunches recipe book and is a firm favourite with our customers.

As an alternative to the chicken you can swap with firm white fish, such as Haddock, for the start of a delicious Fish Taco.

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### Chicken Goujons - serves 4

*Always check labels of each ingredient for allergen information.*

#### Ingredients

- 440g / 4 chicken breasts
- 1 egg
- 100mls milk
- 25g plain flour
- 175g of breadcrumbs or crushed cornflakes



#### Method

1. Cut the chicken into strips.
2. In a bowl, whisk the egg and milk together with a fork.
3. Place the breadcrumbs/cornflakes and the flour into two separate bowls.
4. Coat the chicken strips with flour, dip them into the egg wash and lastly, fully coat the strips with the breadcrumb or cornflake mix.
5. Place onto a lined baking tray or alternatively lightly oil the tray.
6. Bake in a preheated oven 180°C/400°F gas mark 6 for 20 minutes until chicken is thoroughly cooked through.

#### Hints & Tips

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- Children will love helping to make the strips, just remember to wash hands well with soap and warm water after handling raw chicken.
- 2 teaspoons of cayenne pepper or paprika can be added to the breadcrumbs/cornflakes to spice it up a bit.
- The goujons can be served with a salad and tortilla wraps to make tasty chicken pockets, served along with the sweetcorn salsa - see recipe below.



## Sweetcorn Salsa - serves 4

*Always check labels of each ingredient for allergen information.*

### Ingredients

- 100gms Sweetcorn
- $\frac{1}{4}$  of a cucumber - diced
- 45g mixed peppers - diced
- $\frac{1}{2}$  red onion - finely diced
- 1 tablespoon malt vinegar
- 2 tablespoons of vegetable oil
- $\frac{1}{2}$  teaspoon dried mustard powder
- $\frac{1}{2}$  teaspoon soft brown sugar



### Method

1. Mix the diced cucumber, peppers and red onion together then add in the sweetcorn.
2. Combine all the other ingredients together and whisk gently with a fork.
3. Add the liquid to the chopped vegetables.
4. Place in the fridge to allow flavours to infuse.
5. Serve cold.

### Hints & Tips

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- Cider or white wine vinegar can be used instead of malt vinegar.
- The vegetable oil can be replaced with Olive or Rapeseed ..... but not motor oil!

*And finally.....*

# Drop Scones (Scotch Pancakes) Makes 6 - 8

*Always check labels of each ingredient for allergen information.*

## Ingredients

- 100g self-raising flour
- 50g caster sugar
- 1 egg
- 4 tablespoons milk



## Method

- Sift the flour into a bowl.
- Add the sugar and milk
- Add the egg and beat in the milk gradually to make a thick batter.
- Place a greased frying pan, non-stick pan or flat based griddle on a medium heat.
- Cook 2 or 3 at a time by dropping a tablespoonful of the batter mixture for each onto your pan/griddle cooking until the bottom is golden brown and the top is covered with bubbles - approximately 2 minutes.
- Turn over and brown the other side.
- Remove from the pan to cool and continue to make more ensuring you grease the pan each time as this enhances the golden brown colour and saves the pancakes from sticking.