

## CRUNCHY GARLIC CHICKEN

SERVES 4



Delicious, tender chicken breast coated in crispy breadcrumbs – a healthier and less processed version of shop bought chicken nuggets.

### INGREDIENTS

3 free-range skinless chicken breasts  
1 medium free-range egg  
2 tbsp plain flour  
Olive oil

### Breadcrumbs

100g wholemeal bread crumbs (2 slices of bread)  
1 garlic clove  
1 tsp sweet smoked paprika  
3 sprigs flat leaf parsley

### ALLERGY ADVICE

Contains wheat and eggs

### DIETARY COMPONENTS

Chicken is a good source of protein, essential vitamins and minerals. Where possible, choose organic chicken which has been raised more ethically than factory farmed chicken, and will contain less antibiotics and synthetic pesticides.

### EQUIPMENT

Food processor  
Knife  
Chopping board  
Spoon measures  
2 plates  
2 bowls  
Fork  
Spoon  
Baking tray  
Fish slice

### METHOD

1. Pre-heat the oven to 220°C/425°F/Gas 7.
2. Put the bread into the food processor with the parsley, peeled garlic and paprika. Whiz the machine until the bread resembles fine crumbs then pour onto a plate.
3. Sprinkle the flour onto the 2<sup>nd</sup> plate.
4. Crack the egg into a bowl and whisk with a fork.
5. Lightly grease the baking tray to avoid the chicken sticking whilst baking.
6. On a chopping board, carefully cut the chicken into 1 ½ cm strips.
7. Pane each chicken strip (coat in breadcrumbs) by dipping the chicken into the flour until each strip is completely covered. Shake off the excess flour then place into the egg and then finally into the breadcrumbs. Lay the strips on the baking tray, cook for 10-15 minutes or until crisp and golden and the chicken is cooked through. **REMEMBER TO WASH YOUR HANDS AFTER HANDLING RAW CHICKEN.**
8. Remove the chicken from the oven and serve.