

Chicken Bites

Serves 4



Ingredients

- 2 chicken breasts
- 125g cornflakes
- 3 tbsp plain flour
- 2 eggs
- 1 tsp garlic granules
- Black pepper to season
- Other optional seasoning: cajun, paprika, fajita

Great recipe for family cooking and high in protein. You can use rice krispies instead of cornflakes

Method

1. Preheat the oven to 200°C, fan 180°C
2. Blitz the cornflakes to make breadcrumbs using a food processor or in a bowl with a handblender (remember to cover with a tea towel)
3. Put the flour onto a plate. Add the garlic granules, black pepper, and other seasoning if using.
4. Beat the eggs in another bowl
5. Line a baking tray with baking paper or tin foil
6. Toss the chicken in the flour mixture, then in the egg, then coat with the cornflake coating
7. Put onto the baking tray once coated - make sure they are spaced out
8. Continue the egg-flour-cornflake process until all the chicken is done
9. Cook for 20 minutes until golden, crisp and cooked through - remember to turn the chicken halfway

Suitable for freezing raw or cooked. Defrost in the fridge overnight then cook as per the recipe if raw or reheat until piping hot throughout if cooked.