

Chicken / Fish / Halloumi Goujons



Ingredients:

- 1 Chicken Breast / 1 Fillet of Fish / 175g Halloumi
- 2 Slices of White or Wholemeal Bread
- 2 Tablespoons Plain Flour: School will Provide
- 1 Egg

**Please bring a container to
take your chicken / fish /
halloumi goujons home in.**

Additional Ingredients:

- 1 Tablespoon Dried Mixed Herbs
- 1 Tablespoon Parmesan Cheese
- 1 Teaspoon Chilli / Curry Powder
- 1 Teaspoon Chilli Flakes
- ¼ Teaspoon Black Pepper

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Line a baking tray with greaseproof paper.
3. Place the slices of bread into a food processor and pulse so the bread forms crumbs then scatter these onto a white tray. Add any additional flavours to the breadcrumbs.
4. Using a table knife, crack the egg onto a plate and beat with a fork.
5. Place the flour onto plate.
6. Cut the chicken / fish into strips or dice the chicken into cubes. This should be done on a red chopping board for meat, blue chopping board for fish and white chopping board for halloumi.
7. Coat the chicken / fish / halloumi pieces in the flour.
8. Then dip the chicken / fish / halloumi pieces into the beaten egg.
9. Roll the chicken / fish / halloumi pieces in the breadcrumbs on the white tray.
10. Place on a lined baking tray.
11. Bake in the oven for 15 to 25 minutes until golden brown.
12. Use a food probe to check the chicken / fish has a core temperature of 75°C. If it does not, it needs to be back into the oven until this core temperature is reached.