



Salt & Chilli Chicken Goujons

Ingredients

- 2 tbsp Salt & Pepper Seasoning
- 60g Breadcrumbs
- 2 Egg (beaten)
- 8 Chicken Goujons

Method

1. Whisk egg in a bowl and add 1tsp Salt & Pepper Seasoning
2. Add remaining Salt & Pepper Seasoning to breadcrumbs (add more to taste if required)
3. Drag each goujon through the egg mix and then the breadcrumbs
4. Gently shallow fry or if making slimming friendly, spray with frying oil spray and bake in oven at 180°C for 20 minutes.



Top Tip – For an interesting twist, serve with dips such as Soy Sauce or Sweet Chilli or in a wrap with some fresh mixed leaves.



Recipe courtesy of
TPS Scotland

SCOTTISH
CRAFT BUTCHERS