

Recipe name: Chicken Goujons Wraps

2 small chicken fillets
3-4 slices of Wholemeal Bread
2 eggs
50g Plain Flour
1tbsp Rocket /lettuce
4 Cherry Tomatoes or 1/3 cucumber
4 Wholemeal wraps

Serves 1



Key Skills in this recipe: Protein Foods, Shaping, Coating, Using the Oven (Baking), Food Safety and Hygiene - focus on Chicken.

Equipment: red board, knife, food processor, measuring jug, fork, baking tray, small bowls, measuring spoons



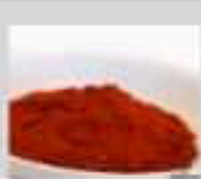
Prepare yourself and your ingredients.



Preheat the oven to 200c



Prepare the breadcrumbs in the food processor.



Place the plain flour onto a plate, season with salt and pepper. For more flavour add mixed herbs or paprika as well.



Beat the egg in the measuring jug.



Chop the chicken into long thin strips. Remember to wash your hands and equipment and keep separate.



Place the chicken into the flour, then the egg and finally the breadcrumbs.



Place the breaded chicken onto the baking tray. Place in the oven for 20-25 minutes.



Slice and dice the salad and make up the wraps once goujons are ready