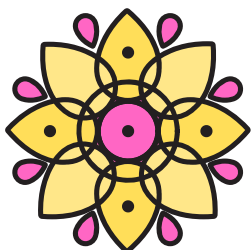


**PREP: 15 MINUTES**

**COOK: 20 MINS**

**DIFFICULTY: MEDIUM**

*Serves 2-4 family members*



## INGREDIENTS

- 2 SKINLESS CHICKEN BREASTS
- 1 FEW SPOONFULS OF PLAIN FLOUR
- 1 EGG
- HALF A BOWL OF BREADCRUMBS (75G)
- A LITTLE SUNFLOWER OIL/MARGARINE FOR BRAKING BAKING TRAY

### STEP 1:

TURN THE OVEN ON TO HEAT – 200°C/400°F/GAS 6.

### STEP 2:

CUT THE CHICKEN INTO CHUNKS

### STEP 3:

SPREAD THE FLOUR OUT ON A PLATE AND ROLL THE CHICKEN IN IT UNTIL COATED.

### STEP 4:

BEAT THE EGG IN A BOWL AND DIP THE CHICKEN FIRST INTO THE EGG AND THEN INTO THE BREADCRUMBS.

### STEP 5:

PLACE ON A WELL GREASED BAKING TRAY.

### STEP 6:

BANK IN A HOT OVEN FOR 20 MINUTES, TURNING OVER AFTER 10 MINUTES.

### TOP TIP:

FOUR SLICES OF BREAD WILL MAKE ABOUT 200G OF CRUMBS. HERE'S A GOOD WAY OF USING UP BREAD: CRUMB, USING A HAND BLENDER, THEN STORE IN FREEZER IN A POLY BAG UNTIL NEEDED.

