

Chicken Goujons and Potato Wedges

1 Chicken breast
2 slices of bread
1 egg
1 tsp flavour (herbs/spices)
Pinch salt

1 large potato
 $\frac{1}{2}$ tsp flavour (herbs/spices)
Pinch salt
2 tbsp oil



Method

1. Prepare food handler, equipment and area
2. Preheat oven to 200°C / Gas 6
3. Wash the potato
4. Cut in half lengthways and then into quarters lengthways
5. Cut each quarter into 3 or 4 wedges
6. Toss the wedges in the spice and oil and bake in the oven for 25 - 30 min's
7. Process the bread into crumbs and mix with the spice
8. Beat the egg
9. Cut the chicken into 4 or 5 strips
10. Coat the chicken in egg and then roll in breadcrumbs
11. Lay on a lined baking tray and bake in the oven for 15 min's