



Crunchy Chicken Dippers Serves 4

vegetable oil

600g boneless chicken

Plain flour – about 4 tablespoons

2 eggs

150g bread – about 4 slices

1 handful of finely grated cheese

1 handful of mixed fresh herbs or 1 teaspoon mixed dried herbs

salt and pepper

Method

Preheat the oven to 220 C / 200 C (fan) / Gas 7.

Lightly oil a baking tray.

Cut the chicken into thin strips.

Wash your hands carefully.

Rub the bread into crumbs and mix together with the cheese and the herbs.

Spread onto a plate.

Spread the flour onto another plate.

Beat the eggs together and pour into a shallow dish.

Press both sides of a piece of chicken into the flour.

Next dip the chicken piece quickly into the egg.

Finally lay onto the breadcrumbs, pressing each side down..

Place the chicken on the tray, leaving space between the pieces.

Again, wash your hands carefully.

Bake in the oven for 15 minutes. Pierce the chicken in the centre with a sharp knife to be sure it is cooked through.

Serve with the dips.