



Healthy Snacks

Chicken Goujons & Wedges

Ms. Teeling

Home Economics

Ingredients & Equipment

Goujons:

1 chicken breast

1 egg

3 tablespoons flour

2 slices of bread

Cajun spices (optional)

1 tablespoon oil (baking tray)

Potato wedges:

2 potatoes

3 tablespoons oil

1 tablespoon cajun spice
(optional)

- Ingredients tray
- Baking tray x2
- Pot stand x2
- 2 plate system
- 4 plates
- 1 green chopping board
- 1 red chopping board
- 2 sharp knives
- 1 mixing bowl
- Tablespoon
- Food processor – to be shared by class
- Fork
- Basin, tea-towel, dishcloth

Method:

1. Preheat oven to 180C / Gas mark 6
2. Use fork to prod potatoes 5 – 6 times each
3. Place 2 potatoes into the microwave for 5 minutes
4. Chop chicken on red chopping board into bitesize pieces/strips
5. Place 2 slices of bread into food processor to form breadcrumbs. Place onto a plate
6. Set up 3 plate system: flour, egg, breadcrumbs, oiled tray
7. Prepare the goujons. Dip all into the flour. Then dip into egg and breadcrumbs and place onto the oiled tray.
8. Clear as you go. Chop potatoes into wedges and place into mixing bowl along with the oil and spices. Use spoon to mix. Layer onto baking tray.
9. Place both trays into the oven and time for 20-30 minutes
10. Prepare dip
11. Clean up!