



## Spiced Chicken Goujons

- 2 Chicken Breasts cut into thin strips or a packet of chicken Stir fry Chicken slices (already Sliced)
- 500ml Milk or enough to cover the chicken strips
- 150g cornflour
- A level mix of a dessertspoon of Cajun spice, crushed black peppercorn, paprika, ground cumin, ground coriander, and a heaped teaspoon of table salt.
- A good splash of vegetable oil or rapeseed

## Method

1. Place the chicken strips in a bowl, cover with milk and leave overnight or at least an hour before using in the fridge
2. Mix your spices with the cornflour, taste a tiny speck to check the seasoning and add more of any if you like it spicier. If you don't have some of the spices don't worry, just use Cajun and salt.
3. Take your chicken out of the fridge
4. Heat a frying pan on a high heat with the good splash of oil
5. Have a kitchen tongs ready, remove the chicken from the milk and gently tap off excess milk
6. Toss the chicken in the cornflour and spice mix
7. Add the chicken to the heated oil in the pan, doing it in batches to keep the heat in the pan
8. Cook on a fairly high heat with out burning for roughly 5 mins either side, turning with your tongs
9. Check your chicken is cooked by taking it out of the pan and taking a knife cut through the thickest piece to make sure it is cooked through.
10. Batches can be kept warm in the oven while the others cook
11. Serve immediately with potato wedges, or mix a spoon of natural yoghurt with a good spoon of mayonnaise, rub over a tortilla wrap, place the chicken on top with some chopped tomato, red onion and sliced avocado, chilli garlic pesto and grated cheese if like. Roll up the wrap and serve with a little of the mayo and yoghurt mix and some chilli and garlic pesto on the side.