

# MACE



**PROUDLY SUPPORTING**

**OPERATION TRANSFORMATION KEEPING WELL APART**

## Chicken Goujons & Potato Wedges

### Serves 2

If you are short of time frozen oven chips are also a great speedy alternative to the potato wedges. When I go to the trouble of making these I always make a little extra to pop in the freezer for another day. It would also work brilliantly with turkey steaks or firm fish fillets, such as hake or cod cut into strips.



### Ingredients

2 large floury potatoes, scrubbed (such as Rooster or Maris Piper)  
2 tbsp rapeseed oil  
25g plain flour  
1 egg  
2 tbsp milk  
50g dried white or fresh breadcrumbs  
25g porridge oats  
2 boneless and skinless chicken fillets

1 head soft lettuce, washed and torn into up (or use lambs lettuce, a bag of mixed salad leaves any variety of lettuce that is available)  
200g punnet cherry tomatoes  
1 tsp vinaigrette dressing (see separate recipe or use shop-bought)  
salt and freshly ground black pepper

### Method

Preheat the oven to 200C / 400F / gas mark 6. Using a small sharp knife, cut the potatoes into even-sized wedges. Place in a pan of boiling water with a pinch of salt and cook for 3-4 minutes until almost tender but still holding their shape. Arrange on a baking sheet lined with parchment paper and drizzle over half of the oil, tossing to coat. Season with salt and put in the top shelf of the oven. Roast for 30-35 minutes until cooked through and golden brown, turning half way through to ensure that they cook evenly - a tongs can be helpful for this.

Meanwhile, put the flour into a shallow dish and season to taste with salt and pepper. Break the egg into a separate bowl and add the milk, then beat to combine with a fork. Mix the breadcrumbs and oats in a separate bowl and line the three bowls up alongside each other with an empty plate ready for the coated chicken.

Using a small sharp knife or a scissors, cut the chicken into strips. In small batches of 2-3 pieces put the chicken strips in the flour and toss to coat, shaking off any excess. Dip in the beaten egg mixture and then roll in the breadcrumbs. Put on the plate while you finish off the remainder.

Arrange the chicken goujons on a separate baking sheet lined with parchment paper and drizzle with the remaining oil over one side of all the goujons, turning them over to ensure they are all evenly coated. Place in the oven and cook for 15-20 minutes or until piping hot and cooked through.

Arrange the chicken goujons on plates with the potato wedges along with the lettuce and with the cherry tomatoes that you've cut in half. Drizzle over the dressing to serve.

### Prepare Ahead

The chicken goujons can be made up to 3 days in advance and kept covered with clingfilm on a plate on the bottom shelf of the fridge. They also freeze very well for up to 1 month - simply lay out on a plate lined with parchment paper well spaced apart until frozen solid then put into freezer bags or an airtight container and use as required. If you cook them from frozen allow an extra 10-15 minutes in the oven or until they are cooked through and tender.

