



# Zingy Chicken Goujons

simply mouthwatering!

## Ingredients

4 chicken breasts cut into goujons  
Flour  
2 eggs beaten  
100g breadcrumbs  
Juice and zest of 2 lemons  
Handful of chopped parsley (or other softy herb such as coriander, mint, basil)

## Method

Mix the zest and parsley into the breadcrumbs. Use 3 separate bowls and add the flour the beaten egg and the breadcrumbs into their own individual bowl. Next, dip the goujons into flour firstly then into beaten egg and then into the breadcrumbs. Place on a baked sheet and bake for 25 minutes in a pre-heated oven. Drizzle over the lemon juice while the chicken is still hot, enjoy with some boiled rice (you could add some herbs or cooked vegetables to the rice for extra flavour) and mixed salad. I guarantee this will become a new family favourite.

**Top Tip** - the zesty chicken tastes delicious when served with couscous and salad. Try adding your favourite vegetables and herbs to the couscous for extra flavour.