

Oven-roasted chicken goujons

Ingredients	Equipment
<p>4 skinless chicken breasts, cut into strips</p> <ul style="list-style-type: none">• 1 cup buttermilk• 2 eggs• 2 cups of breadcrumbs• 1/4 cup finely grated Parmesan cheese• small bunch of parsley or oregano (or 1T thyme)• Salt and pepper	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• zester• Food processor or mortar & pestle• baking dish
<ol style="list-style-type: none">1. Pre heat the oven to 200 C / 180C fan2. Line a large baking sheet with baking or silicone paper.3. Beat the eggs and then add the buttermilk. Whisk to thoroughly mix.4. Whizz the herbs in a food processor until fairly finely chopped. Add the breadcrumbs, parmesan, salt and pepper and process briefly until well combined. Spread out on a flattish dish.5. Dip the chicken goujons into the buttermilk mixture, shake off any excess, and then quickly coat in the crumbs and place on the lined baking sheet.6. Bake for 25 - 35 minutes until golden brown.7. Serve with salsa verde sauce mixed with mayonnaise, or any other dipping sauce of your choosing.	

