

Baked popcorn chicken

Ingredients

Serves 2

200 grams boneless, skinless chicken thighs, sliced into bite-sized pieces

2 tablespoons milk

½ teaspoon lemon juice

2 eggs

½ cup flour

1½ cups breadcrumbs

1 teaspoon dried herbs

1 teaspoon paprika

1 teaspoon lemon zest

Method

1. Preheat oven to 225°C.
2. Marinate chicken pieces in milk and lemon juice in a bowl for 15-30 minutes in the refrigerator.
3. Place eggs, flour and breadcrumbs in three separate bowls and place in a row on the table or bench.
4. Beat eggs.
5. Add dried herbs, paprika and lemon zest into breadcrumbs and mix well.
6. Coat a spoonful of chicken pieces in flour and shake off excess.
7. Then dip into egg and coat thoroughly.
8. Next, place eggy chicken pieces into breadcrumbs, press breadcrumbs all over.
9. Place coated chicken pieces on a baking tray.
10. Repeat for remaining chicken.
11. Bake in preheated oven for 12-15 minutes or until golden brown and chicken is no longer pink inside.
12. Remove from oven. Use tongs to remove chicken pieces from dish and serve.

Serving suggestions

- Serve in a wrap with salad vegetables.
- Serve with mashed potato and coleslaw.



Equipment

-  Baking tray
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Grater
-  Kitchen scales
-  Large bowl
-  Large spoon
-  Measuring cups
-  Measuring spoons
-  3 medium bowls or dishes
-  Tongs
-  Wooden spoon

Preparation and cooking skills

Bake, beat, marinate, mix, prepare and cook raw poultry, slice, use herbs and spices to flavour dishes, zest.

Nutrition

- A healthier alternative to takeaway deep-fried chicken.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.