



## Chicken or Tofu Goujons

### Ingredients

50g breadcrumbs

1x5ml spoon mixed herbs

1x15ml spoon parmesan (or vegan alternative)

2 chicken breasts or 200g thighs (or pressed tofu block)

1x15ml spoon plain flour

1 egg (or coconut oil for vegans)

### Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grate the cheese and place in a small bowl.
3. Add the breadcrumbs, and herbs and mix.
4. Pour the flour onto a small plate.
5. Beat the egg in a small bowl.
6. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks) using a clean chopping board. Ideally a red one.
7. Dust the chicken in the flour.
8. Dip in the beaten egg.
9. Roll in the breadcrumb mixture.
10. Place on the baking tray.
11. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
12. Bake in the oven for 20 minutes, until golden brown.