



Crispy Chicken Goujons with Sour Cream and Chive Dip

Ingredients

Goujons

2 skinless chicken breasts
2 eggs beaten
125ml buttermilk
250g of breadcrumbs
Small bunch of parsley chopped
Salt and pepper

Sour Cream Dip

65g sour cream
65g mayonnaise
A pinch of black pepper
1 clove garlic, pressed
35g finely chopped fresh chives

Method - Oven Baked Chicken Goujons

Pre heat the oven to 200 C / 180C fan / mark 6. Line a large baking sheet with baking or silicone paper.

In a bowl beat the eggs and then add the buttermilk. Whisk the mixture well put to one side while you get the breadcrumbs ready.

Finely chop the herbs, add the breadcrumbs, salt and pepper and mix until well combined and spread out on a flattish dish.

Cut the chicken into strips, dip the strip into the buttermilk mixture, shake off any excess, and then quickly coat in the crumbs and place on the lined baking sheet. Bake for 25 – 35 minutes until golden brown.

Method - Sour Cream and Chive Dip

In a bowl, mix all the ingredients until well combined. Then serve with the chicken goujons!