

Quinoa Chicken Goujons

This one will be a hit with the kids and the adults!

- One chicken breast per person
- 200g uncooked quinoa
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 2 eggs
- A little olive oil to drizzle over

Pre heat the oven to 150°C. Place the quinoa in a food processor and blend until it is very fine, like breadcrumbs or even smaller if you can. Now stir in the herbs (it's nice to leave the herbs unblended so just stir them in). Tip this out onto a plate and put to one side.

In a bowl, Whisk up the eggs and season with black pepper if you wish and leave to one side.

Slice up the goujons into inch stick pieces. Now dip the slices one at a time into the egg then swiftly into the quinoa. Coat each piece well. Continue to do this with all the chicken and then place them onto an oven tray.

Drizzle with a little olive oil, just enough to add more flavour and to prevent them drying out – don't drown them in oil. Cook in the pre heated oven for approx. 20 mins. Cut one piece of chicken in half to check it is cooked through before serving as if they are thicker they may need a little longer 😊