

Lemon Pepper Chicken Strips with Spicy Ketchup



Serves 4 **Prep 15 mins**

Cooking 15 mins

Easy

Ingredients

4 tbsp plain flour, seasoned
1 medium free-range egg, beaten
100g Waitrose Cooks' Ingredients Lemon and Pepper Crust, or you could use your own breadcrumbs to make a plain version too
3 tbsp vegetable oil
400g mini chicken breast fillets, slice any larger ones in half lengthways
1 dash spicy ketchup, to serve

1. Place the flour, beaten egg and breadcrumbs in separate bowls.
2. Heat the oil on medium-high in a large frying pan.
3. Dip and coat the chicken pieces in the flour, then in the beaten egg and finally in the breadcrumbs. Shake off the excess and lay them in the now hot oil. Fry for 4 mins each side, or until crisp, golden and cooked through.
4. If you have a bit longer you can bake in the oven for 30-35 mins instead of frying them.
5. Serve with a spicy ketchup dip. These quick, crunchy goujons are the perfect finger food.