

Cornflake chicken, sweet potato wedges and sweetcorn

Lunch
Serves
10

Nutrition: carbohydrates, protein, vitamins B and D

Ingredients

- 500g chicken breast strips
- 10 eggs
- 250g flour
- 600g cornflakes
- 1kg sweet potatoes
- Pepper and mixed herbs to taste
- 400g sweetcorn or five corn on the cob cut in half

Method

Cut the sweet potatoes into wedges, place in a pan of cold water and bring to the boil for 10 minutes. Drain the sweet potatoes.

Crush the cornflakes gently. Whisk the eggs. Put the flour, whisked eggs and crushed cornflakes into three separate bowls. Season the flour with pepper and mixed herbs.

Coat the chicken in flour, then roll the strips in the whisked eggs. When completely covered, roll the chicken in the cornflakes.

Roast in the oven at 180°C with the drained sweet potatoes and a splash of oil for 15 to 18 minutes or until thoroughly cooked

Boil the sweetcorn, drain and serve on the side.

Known allergens*

Egg, gluten

Substitutions

Use gluten free flour and gluten free cornflakes

Instead of egg, coat the floured chicken in yoghurt or plant-based yoghurt

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



Department for Education

