

Crumbed Chicken Fingers



GF

A simple crumbed chicken is a great lunchbox option. Our kids call these fingers because they say it's more fun than strips - wonder if it makes them taste different too? Lol!

How we'll use it this week

- Sandwich Option
- Non-Sandwich Option.

Ingredients

- 1 Chicken Breast
- 1 egg
- 2 tblspns GF plain flour
- Salt & Pepper
- 1/4 cup rice crumbs
- Coconut oil

Directions

1. Lay chicken breast flat, and place hand on top. Using the knife horizontally, slice the breast in half. Then slice each half into strips, then cut these strips in half again. You'll end up with about 8 good sized strips & 2 mini strips.
2. Place plain flour on a plate and season with salt and pepper.
3. Lightly beat an egg in a bowl.
4. Place rice crumbs on a plate.
5. Dip chicken strips into flour, coating whole strip.
6. Dip strip into egg.
7. Roll strip into the rice crumbs, place on a separate plate. Do steps 5, 6 & 7 for each strip.
8. Heat a good amount of coconut oil in a pan. After a minute, test oil is hot enough by placing a couple of rice crumbs in the pan. If it sizzles, it's ready to cook.
9. Put in fridge for 15 minutes so crumbs stick firmly.
10. Cook strips for about 3-4 minutes each side until nice and golden.



BONUS: Will be enough for Mum or Dad.

TIP: Use this recipe to make simple chicken nuggets, just cut the strips into nugget sized pieces.

Freezing / Storing Instructions

You can freeze strips at step 9, but you may need to recoat them with crumbs after defrosting.

Another 2 ways to use this recipe

- Awesome on sandwiches.
- Serve with some dipping sauce - eg. sweet chill, mayo.