

CORNFLAKE CHICKEN



QUICK

Less than 12
mins prep
time

HEALTHY

Baking these rather than
frying them reduces the fat
content and they still taste
delicious

FAMILY



Feeds 5

MEALS

Serve with a salad and
roast potato wedges

INGREDIENTS

- 10 x chicken thighs or
5 chicken breasts
- 150g cornflakes
- 2 tsp paprika
- 2 tsp dried mixed herbs
- 1 tbs oil
- 2 eggs
- 2 garlic cloves - minced
- Optional – 1 tbs sesame seeds
- ½ tsp salt

METHOD

- 1) Put the oven onto 180°C
- 2) In a large bowl, mix the eggs, minced garlic & oil
- 3) In a large bag, mix the cornflakes, paprika, herbs, salt (and sesame seeds)
- 4) Crush – carefully to avoid breaking the bag
- 5) If using chicken breasts, halve them
- 6) Put the chicken into the egg mix and cover
- 7) Then transfer to the cornflake mix a few at a time and cover well
- 8) Lay on an ovenproof dish
- 9) Bake for 25-30 mins – ensure they are cooked through
- 10) Enjoy



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com