

PaediaSure Shake

Balanced nutrition for the fussy eating phase



POPCORN CHICKEN

SERVES: 4

Ingredients

- 2 x large chicken breasts
- 200g of breadcrumbs (or panko)
- 50g plain flour
- 2 x medium eggs
- 2 tbsp sunflower or vegetable oil

Method

1. Preheat the oven to 220°C.
2. Cut the chicken breasts into 1cm cubes and dust in the flour.
3. Whisk the eggs together and coat the chicken in the egg.
4. Roll the chicken in the breadcrumbs (or panko) until evenly coated then place on a non-stick baking tray.
5. Drizzle the oil over the chicken until evenly coated.
6. Cook the chicken at 220°C for 12–16 minutes.

TIP: Why not try turkey for a different option?