



Homemade Irish Chicken Goujons with Sweet Potato Fries and Side Salad

Get ready for a very smiley family! Chicken goujons and sweet potato fries are sure to brighten up dinnertime and everyone's mood! These are extra healthy as we use blitzed oats and just a light splash of oil to make these crispy, tasty and fantastic!

Ingredients

- Chicken Breast Strips
- Sweet potato
- Spinach
- Spice mix
 - Paprika
 - Oregano
 - Garlic Powder
- Oats
- Egg
- Paprika
- Salad Dressing
 - Balsamic Vinegar
 - Olive Oil

Your pantry

- Olive/Rapeseed Oil
- Salt and Pepper
- Flour

Nutritional Info

Calories: 343 kcal
Carbohydrates: 34 g
Protein: 31 g
Fat: 11 g

Allergens

[Egg \(Egg\)](#)
[Milk \(Milk\)](#)
[Sulphur Dioxide \(Vinegar\)](#)
[Gluten \(Oats\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 200°C**

2) **Prepare the sweet potato fries**

Slice the sweet potato into thin wedges. Place them into large baking tray. Season with a dash of salt, pepper, paprika and oil then place them into the oven for approximately 30 mins. Give the tray a shake half way through.

3) **Prepare your three bowls:**

- Pour your flour into a bowl, then mix in half a teaspoon of salt.
- In your second bowl add a drop of milk and then whisk an egg.
- Blitz your oats in a blender then add to the third bowl and mix in the spice mix provided. I

4) **Prepare the chicken goujons**

Coat each chicken strip in the flour, then egg, then blitz oats. Remove any excess as you go. Heat a frying pan and seal them for 1-2 mins each side.

5) **Cook the chicken goujons**

Then place the chicken goujons on your oven tray with space between each piece. Put it in the oven on the middle shelf for about 15 minutes (until golden and cooked through), turning them twice to cook evenly and prevent them from sticking.

6) **Plate the dish**

Remove the chicken goujons from the oven and divide into plates. Serve with the sweet potato fries and serve and the spinach on the side. Drizzle the salad dressing over the salad.



Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**