

Crunchy Herby Chicken

This recipe is a favourite with children and adults and is a healthy version of a popular takeaway meal. Serve hot straight from the oven with new potatoes and a crispy green salad.



OR



Milk, soya and wheat (gluten)*

Nutritional information per portion (117g):

Energy 916kJ 218kcal 11%	Fat 9.2g 13%	Saturates 2.5g 13%	Sugars <0.5g 0%	Salt 0.39g 6%
-----------------------------------	--------------------	--------------------------	-----------------------	---------------------

of an adult's reference intake.
Typical values per 100g: energy 783kJ/186kcal.

Equipment

Weighing scales
Blender or food processor
Bowl x 2
Measuring spoons
Wooden spoon
Small saucepan (optional)
Chopping board
Kitchen paper
Pastry brush
Baking tray
Oven gloves
Pan stand
Sharp knife

Ingredients

Serves 4
50g bread (approximately
2 large slices)
2 x 5ml spoons dried
mixed herbs
Black pepper (optional)
25g unsaturated fat
spread OR butter
4 chicken breasts

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Stale (a couple of days old) bread is easier to make into breadcrumbs. These can be stored in the freezer until you need them.
- You can use brown bread for a healthier version.
- Put a sheet of baking parchment on the baking tray to stop the chicken sticking.
- Serve with the Cheese and Chive Dip (recipe available on the Let's Get Cooking website), new potatoes and a crispy green salad for a healthy, well-balanced meal.

Crunchy Herby Chicken

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Whizz the bread into crumbs in a blender or food processor.
3. Put the breadcrumbs in a bowl and use a wooden spoon to stir in the mixed herbs and a good pinch of black pepper (if using).
4. Put the butter or spread in a microwave-safe bowl and melt in the microwave for 20–25 seconds (timing based on an 800W microwave) or heat gently in a small saucepan until melted.
5. Put the chicken breasts on a chopping board and remove the skin.
6. Wipe the chicken with kitchen paper.
7. Brush the chicken with the melted butter or spread on both sides. Dip the chicken in the breadcrumbs and pat down until both sides are evenly coated. Place on a baking tray.
8. Repeat with the other 3 chicken breasts. Wash your hands after handling raw chicken.
9. Place the sheet in the oven on the middle shelf and cook for 30 minutes.
10. Using gloves, carefully remove the sheet from the oven.
11. Check that the chicken is cooked by carefully cutting into the thickest part with a sharp knife. It should not be pink and the juices should run clear.

Something to try next time

- If you like your chicken hot and spicy, add 1 x 5ml spoon of hot chilli powder or chilli flakes to the breadcrumbs instead of the herbs.
- Turkey breast steaks can be used in the recipe instead of chicken.
- For smaller pieces, each breast can be cut lengthways into 3 before coating. Reduce the cooking time to 20 minutes but always check that the chicken is thoroughly cooked.

Prepare now, eat later

- The chicken can be coated, covered and stored in the fridge for 2–3 hours before cooking. Make sure the melted butter or spread has cooled down before brushing the chicken, in order to keep the meat as cool as possible.
- To serve cold, cook the chicken the day before you want to eat it, allow it to cool then pack in a plastic container with a lid and refrigerate. Eat within 2 days of cooking.

Skills used include:

Weighing, measuring, blending, melting and baking.