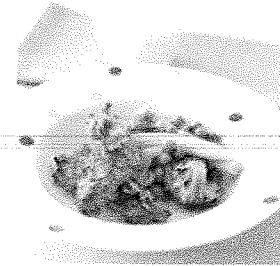


Crunchy chicken fingers

These tasty chicken strips are oven baked, not fried. This means they're lower in fat.

Serves 2**Preparation time:** 15 mins**Cooking time:** 20 mins

2 chicken breasts, cut into strips
¼ cup plain flour
¼ cup cranberry sauce, warmed
1½ cups cornflakes, lightly crushed
2 potatoes, peeled and cut into thin wedges
1 egg white, lightly whisked
2 corn cobs, halved
1 cup peas
1 cup broccoli
Tomato sauce to serve



1. Preheat oven to 220°C. Line two baking trays with baking paper. Toss the chicken strips in flour and dust off excess. In a medium bowl, mix warmed cranberry sauce with chicken until coated. Pour in crushed cornflakes and toss until chicken is coated. Place onto one of the prepared baking trays, cover and refrigerate for 10 minutes.
2. Place potato wedges into a medium bowl and season. Toss with egg white until coated. Place onto the remaining baking tray. Cook for 10 minutes, then reduce heat to 190°C. Put chicken fingers into oven and cook with potatoes for 10-12 minutes until golden and crispy.
3. Boil, steam or microwave broccoli, peas and corn on the cob. Serve with crunchy chicken fingers and wedges.

Tip: to make crunchy fish fingers, substitute chicken for 250 gm of firm white fish cut into strips. Leave out the cranberry sauce, and coat fish in one beaten egg instead. Fish fingers can be oven baked (low-fat version) or lightly pan fried.

Seal the cornflakes in a plastic bag – your kids will have fun crushing them!

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