

Spicy chicken strips



THE COARSE CORNFLAKE COATING MAKES FOR A DELICIOUSLY CRISPY, BITE-SIZED TREAT - THE KIDS WILL LOVE IT!

INGREDIENTS

- 560 ml (2¼ cups) cornflakes, crushed
- [15 ml \(1 Tbsp\) Spur Smokey BBQ Spice](#)
- 10 ml (2 tsp) chopped fresh parsley or 3 ml (½ tsp) dried parsley
- Freshly ground black pepper, to taste
- 4 (380 g) chicken breast fillets, each cut into 8 strips
- 80 ml (1/3 cup) cake flour
- 2 extra-large eggs, beaten

SWEET CHILLI SAUCE

- [125 ml \(½ cup\) Spur Salad & French Fry Dressing](#)
- [30 ml \(2 Tbsp\) Spur Sweet Chilli Dressing](#)
- 1 clove garlic, crushed





METHOD

1. Mix the cornflakes, **Spur Smokey BBQ Spice**, parsley and pepper together.
2. Roll chicken strips in the flour, then dip in egg until coated, then coat in cornflake mixture. Place in the fridge for about 30 minutes to prevent the crumbs from falling off when frying.
3. Mix sweet chilli sauce ingredients together and set aside.
4. Bake the strips at 200°C for 15 minutes. Serve warm with sauce to dip.

COOKING TIP

1. For a healthy alternative bake the chicken strips in the oven.