

Chicken Corn Flake Bites

Servings: 4

Prep Time: 15min

Cook Time: 15min



Ingredients

- 600g skinless, boneless chicken breasts
- 125ml brown bread flour
- 5ml chicken spice
- 5ml dried mixed herbs
- 2 large eggs
- 750ml cornflakes, finely crushed

Directions

1. Preheat oven to 200°C.
2. Line a large baking sheet with baking paper and spray with non-stick spray.
3. Cut the chicken into bite size pieces.
4. Combine flour, chicken spice, and mixed herbs in a shallow dish.
5. Beat eggs and place in another shallow dish.
6. Place the crushed cornflakes in a third dish.
7. Coat each chicken piece in flour, shaking off any excess.
8. Then, dip in egg. Roll in the cornflakes, shaking off any excess.
9. Place the chicken bites on the prepared baking sheet. Lightly spray each with non-stick spray to "seal" the coating.
10. Bake for 8 minutes. Turn each piece over and continue baking until the outside is crisp and the centres are cooked through, approximately another 6-8 minutes.
11. Serve chicken bites on skewer sticks.