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your health and wellbeing

# RECIPES

## CRISPY CHICKEN FINGERS WITH TOMATO RELISH

**30 MINS TO PREPARE AND  
10-12 MINS TO COOK**

**SERVES 4**

### INGREDIENTS

115g fresh white breadcrumbs  
25g cheddar, finely grated  
25g parmesan cheese  
4 small skinless and boneless  
chicken breasts  
2 tbsp plain flour  
1 large egg, beaten  
Olive oil for drizzling

### METHOD

1. Preheat the oven to 190c/Gas mark 5.
  2. In a shallow dish combine the breadcrumbs, cheeses and seasoning. Set aside.
  3. Cut chicken breast into 4-5 long thin strips lengthwise. Place the chicken in a clean freezer bag with the flour and seasoning and shake together until the chicken is well coated.
  4. Place the egg in a shallow dish then dip the chicken strips into the breadcrumb mixture and toss together until well coated.
  5. Place the chicken strips on a lightly greased baking tray and drizzle over a little extra oil.
  6. Cook in a preheated oven for 10 – 12 minutes, turning halfway through, until well cooked, golden brown and crispy.
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