

# Crisp Chicken Bites

Serves 4-6

## Ingredients:

- 2 boneless chicken breast fillets
- 4 tablespoons red pesto
- 3 large handfuls of breadcrumbs (about 300g)
- 1 tablespoon olive oil

**Equipment:** chopping board, knife, mixing bowl, lightly oiled baking sheet, polythene freezer bag

**Method:** preheat the oven to 200°C, Gas mark 7

1. Cut the chicken breast into small pieces, about 12 pieces per breast.
2. Measure the pesto into a bowl and add the chicken. Mix together well to coat all the chicken all over.
3. Tip the breadcrumbs into the freezer bag.
4. Add the chicken pieces a few at a time to the bag and shake the bag to coat the chicken in the crumbs.
5. Take the chicken pieces out of the bag and place on the baking sheet, making sure none of them are touching. Continue coating the chicken and placing on the baking sheet.
6. Put the tray in the preheated oven and cook the chicken for 15-20 minutes until cooked thoroughly and the breadcrumbs are crisp.
7. Serve the chicken with vegetables and boiled potatoes, or salad, healthy coleslaw and potato wedges.

**Total cost:** £4.05

**Cost per portion:** £1.01 - 68p



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