

OATY CHICKEN STRIPS



Prep time: 10 minutes, plus time to marinade

Cook time: 30 minutes

Serves: 4

Ingredients:

- 4 tbsp soy sauce
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 1 tsp dried sage
- 1 tsp dried tarragon
- a pinch of salt
- 4 skinless chicken breast fillets, cut into strips
- 60g porridge oats

Method:

1. Mix the soy sauce, olive oil, dried herbs and salt in a large bowl.
2. Add the chicken and use your hands to massage the marinade into the meat.
3. Cover and leave to marinate in the fridge for at least 1 hour.
4. Preheat the oven to 180°C/350°F/gas 4.
5. Spread the oats on a plate.
6. Roll each chicken strip in the oats.
7. Place the coated chicken strips in an ovenproof dish.
8. Bake for about 30 minutes, until each chicken goujon is cooked through with a crispy coating.
9. Serve with potato and a side salad.