






# Beckett's Farm

## STARTERS

### Lemon Chicken Goujons



#### Method

-  250 gms chicken breast, sliced
-  2 lemons, grated zest and juice
-  6 tbsps rapeseed oil
-  Salt and pepper
-  150 gms breadcrumbs

1. Place the chicken breast pieces into a bowl; add the lemon zest, juice and 2 tbsp of rapeseed oil. Stir well and leave to marinate for 20 minutes, or longer if you wish

2. Season breadcrumbs with salt and pepper and place on a plate. Roll chicken pieces in the breadcrumbs until well coated

3. Heat the remaining rapeseed oil in a large frying pan; fry the goujons for 2-3 minutes on each side until golden brown. Serve with your choice of dip

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

