

Popcorn Chicken and Prawns

Ingredients

350g diced chicken or 2 chicken breasts
chopped up
250g peeled raw prawns
1 tbsp vegetable oil
100g popcorn kernels
100g dried breadcrumbs
Salt and pepper
2 eggs

Method

1. Heat your oven to 200 C/180 C fan/gas mark 6.
Line two baking trays with foil.
2. Put a large saucepan over a high heat and pour in the vegetable oil.
When the oil is really hot (it will shimmer and start smoking), add the popcorn kernels, give the pan a shake to coat them in the oil and put the lid on. After a little while the popcorn will start exploding in the pan! Wait until the pops slow down (about every 5 seconds) then take off the heat and leave to cool.
3. When the popcorn is cool, pour it into your food processor and blitz it to break it up roughly.
4. Put the blitzed popcorn into a bowl with the breadcrumbs and a sprinkle of salt and pepper and mix everything together.
5. Crack the eggs into a second small bowl and beat with a fork or whisk until it is well mixed.
6. Dip the chunks of chicken and the prawns into the egg one at a time then into the breadcrumb and popcorn mixture. Make sure they are coated all over. Keep one hand clean and dry to turn on the tap to wash your hands afterwards!
7. Put the coated chicken and prawns on two separate baking trays lined with foil and put them into the oven. Remove the prawns after 10 minutes and the chicken after 15 minutes.



You will need

Food processor
Baking tray
Large saucepan
Two bowls

Remember!

Always ask an adult for help when using hot, sharp or heavy objects in the kitchen.

matilda
and the
Ramsay bunch