



# Jerk Chicken Bites

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**CAL: 276    PROTEIN: 29    CARBS: 31    FIBRE: 1    FAT: 4**



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**SERVES:**  
8



**TIME:**  
35 minutes

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## INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6. Line a large baking tray with baking paper.

Place chicken pieces in a bowl, add flour and make sure all pieces are totally coated.

In a separate bowl, add eggs and milk and whisk to combine.

Next, take a shallow bowl and combine corn flakes, herbs, spices, salt & pepper.

Dip each piece of flour-coated chicken into the egg mixture, followed by the cornflakes and place on the baking tray.

Bake for 18-20 minutes. You'll need to flip the chicken at the 10 minute mark to ensure both sides turn out crispy.

Transfer to a large serving platter along with your favourite sauce.

## INGREDIENTS

900g chicken breast, cut into bite-sized pieces

125g all-purpose flour

2 eggs

60ml milk

125g corn flakes, lightly crushed

1 tsp garlic powder

1 tsp ginger powder

1 tsp dried oregano

1 tsp chilli powder

1/2 tsp paprika

Salt & cracked pepper to season

## MACROS

Calories: 276

Protein: 29

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