

Cajun Chicken Strips

500 ml cornflake crumbs
125 ml bread crumbs
15 ml paprika
10 ml Basil
10 ml oregano
5 ml Garlic powder
5 ml seasoning salt
5 ml cayenne pepper

2 large eggs

2 - Chicken breasts cut into strips

1. Combine first 7 ingredients in a medium bowl.
2. Beat eggs with a fork in a separate small bowl
3. Dip 1 chicken strip into the egg. Press both sides into the crumb mixture until evenly coated.
4. Place on baking sheet that has been covered in parchment.
Repeat with remaining chicken.
5. Discard any remaining egg and crumb mixture.
6. Bake in 425F oven for 15-20 min or until no longer pink inside.

Fries

2-3 large russet potatoes

Seasoning salt or herbs and spices as you choose

1. Peel and cut potatoes in a Battonette fashion
2. Season generously with desired seasonings.
3. Placed on greased or lined baking sheet
4. Bake in the oven at 425 F for about 20-30min
5. Don't forget to flip your fries to cook them evenly