

Spicy Chicken (芝麻香草雞)

Servings: 2

Ingredients:

breadcrumbs 4 Tbsp
sesame seeds 1 Tbsp
chicken meat 500g
(you may use chicken breast
or chicken thigh)
egg 1/2 no

Seasoning:

salt 1/8tsp
pepper 1/8 tsp
mixed herbs 1 tsp
mustard powder 1 tsp
oil 1/2 Tbsp

Method:

1. Preheat oven to to 180° C. Mix the breadcrumbs with sesame seeds.
2. Cut the chicken meat into pieces.
3. Marinate the chicken pieces with seasonings for about 15 minutes. Coat the chicken pieces with egg and breadcrumb mixtures and sesame seeds.
3. Line the baking tray with foil and place the chicken pieces on it. Bake for 20 minutes.