KS1		KS2	✓	Hob		Oven	✓	Can be cooked at home	

Chicken/Turkey Nuggets

(Serves 4)

Preparation time = 30

Cooking time = 20 mins

Method

1. Cut the chicken/turkey into small nugget shapes
2. Coat in flour
3. Beat egg
4. Dip meat into the beaten egg
5. Mix bread crumbs and seasoning together
6. Coat the meat with the bread crumbs mix
7. Grease a baking tray or line it with grease proof baking paper
8. Place meat on tray and oven cook for 20 minutes

INGREDIENTS

- 2 filets of chicken/turkey
- 1 egg
- Sprinkle of flour
- 10 tablespoons breadcrumbs/crushed savoury biscuits/shop bought golden breadcrumbs
- 1 heaped teaspoon of seasoning (Cajun/paprika/ Barbeque seasoning, onion powder, garlic powder)

EQUIPMENT

- Chopping board
- Knives
- 2 pates
- 3 bowls
- Whisk
- Baking tray

KS1		KS2	✓	Hob		Oven	✓	Can be cooked at home	

Facilitator Notes

Skills:

Chopping
Coating
Beating
Baking
Mixing

Risk Assessment points to consider:

Use of sharp knives

Handling of raw meat

Use of oven

Special Dietary Requirements:

***Vegetarian / halal* - use quorn fillets instead**
Egg allergy – Quorn fillets unsuitable, use milk instead of egg

Containers:

Tin foil container with a lid, appropriately labelled

Key Messages:

Ensure pupils are aware of the importance of good food hygiene when handling raw meat.
Discuss the Eatwell plate and what food group homemade nuggets fall into.
Talk about why homemade nuggets are a lot healthier than shop bought e.g. less fat & salt, no additives and pure meat used.
Discuss what other foods could accompany nuggets to make it a balanced meal

Storage / Reheating:

Once cooled, store in fridge for up to 1 day

Reheat in the microwave for approximately 1 minute or in a preheated oven for 15 minutes until piping hot!

Suggestions:

- **Before the session starts make sure pupils are fully aware of the importance of good food hygiene when handling raw meat.**
- **This recipe is better undertaken in small groups of no more than 8 pupils**
- **Prepare work stations with all the ingredients and equipment set out ready.**
- **Talk through every stage of the recipe and allocate and discuss 1 or 2 ingredients to prepare for each pupil.**
- **Pupils can then coat their own pieces of chicken**
- **Once cooked divide nuggets up into tin foil containers and label appropriately.**

Chicken Nuggets: NAME: CLASS: DATE
Storage: keep in the fridge for up to 1 day
Reheat: Reheat in the microwave for approximately 1 minute or in a preheated oven for 15 minutes until piping hot! DO NOT MICROWAVE IN TIN FOIL CONTAINER