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

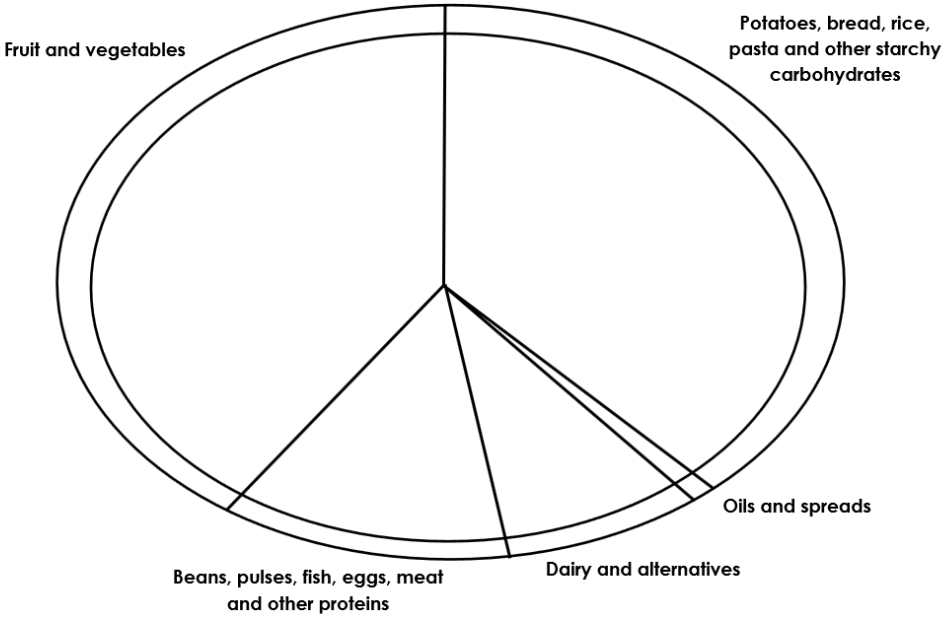
- Chopping board
- Knives
- 2 pates
- 3 bowls
- Whisk
- Baking tray

What skills have I learnt?

☐ Weigh	☐ Follow recipe	☐ Open tin	☐ Peel	☐Knead
☐ Cut	☐ Spread	☐ Grate	☐ Break an egg	☐ Mash
☐ Stir	☐ Blend	☐ Mix	☐ Fold	☐ Beat
☐ Grill	☐ Chop	☐ Bake	☐ Whisk	☐ Boil
☐ Sieve	☐ Pour	☐ Roll	☐ Rub	☐ Fry

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

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Will you cook this dish at home?

Yes ☐ No ☐