

Chicken Nuggets

GREEN

Equipment

Oven Tray	Frying Pan
Measuring cups / spoons	Chopping board
Kitchen knife	Kitchen tongs

Ingredients

For 70 small nuggets

1kg chicken thighs
 1 cup plain flour
 3 eggs
 1 cup bread crumbs
 3 Tbsp canola cooking oil
 1 medium zip lock or freezer plastic bag

For 140 small nuggets

2kg
 2 cups
 6 eggs
 2 cups
 6 Tbsp
 1 or 2

Method

1. If cooking in oven, turn oven to 180C.
2. Chop chicken into nugget size pieces.
3. Place flour into the freezer bag.
4. Place chicken pieces into the bag with flour and shake.
5. Add eggs and shake. Squish bag contents.
6. Add breadcrumbs and shake.
7. Pan fry nuggets on medium heat with oil until cooked through. If using oven, spray cooking tray with oil and cook approximately 20-25 minutes, or until cooked through.
8. Serve with dipping sauce like relish, salsa or a yogurt sauce

