

Chicken dippers and ketchup

INGREDIENTS

Ketchup

- 500g tomatoes or 400g can tomatoes
- 1 tablespoon oil
- 1 onion
- 1 celery
- 50g granulated sugar
- 1 tsp mustard (In school)
- 1 tsp salt
- ¼ tsp ground nutmeg (In school)
- 1 tsp all spice

Chicken dippers

- 2 skinless, boneless chicken breasts
- 2 slices bread
- 1 tsp dried thyme (In school)
- 1 tsp dried basil (In school)
- 1 egg

Potato wedges

- 2 potatoes
- 1 tbsp. oil
- Salt, pepper, paprika, chilli

Method

Ketchup

For fresh tomatoes: Score the tomatoes and pour over boiling water. Soak for 2 -3 mins. Remove tomatoes for the water carefully and peel the skins. Chop.

- ☐ Peel and dice the onion and celery
- ☐ Heat the oil in a saucepan and gently fry the onion and celery until soft
- ☐ Add tomatoes to the saucepan.
- ☐ Add the rest of the ingredients and bring to the boil. Leave to simmer whilst you clean up and prepare chicken.

Chicken Dippers *(Bake without breadcrumbs if you are short of time)*

- ☐ Preheat the oven to 200 degrees or gas mark 7 and line a baking tray
- ☐ Slice the chicken into strips on a red chopping board. Wash your hands.
- ☐ Put the bread into the food processor to make breadcrumbs with the herbs.
- ☐ Whisk an egg in a bowl.
- ☐ Coat the chicken strip in egg and then roll in the breadcrumbs.
- ☐ Place chicken strips the lined tray
- ☐ Bake in the oven for 20 mins.
- ☐ Serve with ketchup.

Potato wedges *(Only if you have time!)*

Cut each **potato** into 12 **wedges**; place in a large bowl. Toss **potatoes** with olive oil, salt, pepper, and paprika.

Bake in preheated **oven** for 20 minutes.

Nutrition:

Homemade ketchup is much lower in sugar and salt than the bought version
Chicken dippers are a high protein, low fat alternative to chicken nuggets.

Special diets:

Use quorn chicken or strips of giant mushroom instead of chicken for vegetarian
GF bread could be used for coeliacs