

A vegetarian version of this can be made using giant mushrooms or hallumi cheese instead of meat.

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

# KFC Style Chicken

- 1**
- 1 Chicken breast (cut in half)
  - 1 egg
  - 50g flour
  - 1 tsp paprika
  - ½ tsp pepper
  - 75-100g cornflakes
  - Salad – lettuce, tomato, cucumber, onion
  - 50/50 burger bun

For a Zinger burger:  
1 tsp chilli powder



**2** Weigh the flour and all of the spices into a small bowl.



**3** Crack the egg into another small bowl. Beat with fork.



**4** Weigh your cornflakes, crush in a plastic bag with a rolling pin and put the bag aside.



**5** Butterfly the chicken breast to create two halves.



**6** With the chicken on a red board, coat in seasoned flour.



**7** Dip the chicken in to the bowl of egg – make sure it is all covered.



**8** Now place the chicken into the bag of cornflakes to cover. Place in the oven 15-20 mins.



Use bridge and claw grip

**9** Shred the lettuce and prepare any other salad. Add cheese slice if using.



**10** Place low fat mayonnaise on top bun. Place salad on same half of the bun.



**11** Once chicken is cooked, remove with tongs and place in the bun.



**12** **Challenge and stretch:** If time, create your own coleslaw with the ingredients provided.

Check with an adult before using the cooker

Wash hands touching raw meat

Use oven gloves