

Chicken nuggets

Ingredients

- 1 thick slice of bread
- 1x5ml spoon mixed herbs (in school)
- 1x10ml spoon grated parmesan (optional)
- 1 chicken breast, fillet of fish or halloumi cheese
- 1x15ml spoon plain flour
- 1 egg



Equipment

Grater, chopping board, two small bowls, fork, small plate, sharp knife, red chopping board, baking tray.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Line a baking tray with paper.
3. Make bread crumbs in a food processor.
4. Mix the breadcrumbs, cheese and herbs in a large mixing bowl.
5. Beat the egg in a small bowl.
6. Cut the chicken into 'nuggets (approximately 4cm x 3cm chunks) using a clean red chopping board.
7. Coat the chicken in the flour on the red chopping board.
8. Dip floured chicken in the beaten egg.
9. Roll the eggy chicken in the breadcrumb mixture.
10. Place on the baking tray.
11. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
12. Bake in the oven for 20 minutes, until golden brown.

Top tips

- Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- Change the chicken for pieces of fish, such as cod and haddock.
- Make your own breadcrumbs – either whiz bread in a blender or use a grater. Try different types of bread for variety.

Nuggets evaluation

Rating: Appearance (Circle)	😊 😐 😞	Rating: Taste (Circle)	😊 😐 😞	Rating: Texture (Circle)	😊 😐 😞
Explain likes, dislikes and suggest improvements and iterations that could be made:					

Nuggets worksheet

Label the food from your nuggets in the correct food group on the eatwell guide



The meat, fish, poultry and other protein foods section of the Eatwell guide provide protein needed for growth and repair of cells. Vegetarians do not eat meat. Circle the foods below that a vegetarian could eat:

Pork	Beef	Nuts	Salmon
Lentils	Beans	Chicken	Egg
Quorn	Soya	Lamb	Milk

Raw meat contains food poisoning bacteria which are destroyed during cooking. It is crucial that this bacteria is not passed onto any salad or bread eaten with nuggets as these are not cooked before eating. This is known as **cross contamination** and is a big cause of food poisoning. List 3 rules that would help prevent cross contamination of bacteria from raw meat onto other foods:

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The ingredients in the nuggets are quite soft before cooking. During cooking the protein in some of the food becomes firmer or sets. This process is known as coagulation. Which 2 foods in the nuggets recipe will coagulate when cooked?

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