

Make Your Own Chicken Nuggets

Hey Little Ones...Are you missing your Nuggets from McDonalds? No need to fear...You can make your own...

Before you begin wash and dry your hands...

What you will need:

6 Chicken strips

4tbsp plain flour, seasoned with salt and pepper

1 egg, beaten

5tbsp cornflakes, crushed into crumbs OR take ½ slice of bread, and blend in to fine crumbs

1tbsp oil

Method:

1. Cut the chicken strips into equal bite-sized portions,
2. Mix the plain flour onto a plate,
3. Put the egg into a bowl and whisk with a fork,
4. Put the cornflakes OR bread crumbs on to a separate plate,
5. Dip the chicken in the flour, then into the egg, then cover completely in the crushed crumbs. Set aside, cover well and place in fridge until you want to cook,
6. Heat the oven to 200°C, gas mark 6. Using a brush, grease an oven tray with the oil. With the help of an adult, put the tray in the oven and let it heat up for 2-3 minutes. Arrange the chicken on the baking tray, cook in the oven for about 20-25mins, ask an adult to check if the chicken is cooked through. **Be careful**, the nuggets will be very **HOT!**



You have made your very own Chicken Nuggets!!

To Serve:

Try Cheesy Mash

Fries

Mixed vegetables of your choice or Yummy Baked Beans!!

Red or brown sauce.



Tips:

KIDS: put the cornflakes into a plastic bag; bash the cornflakes into small pieces; not too big and not too tiny.

An alternative to cornflakes, is to use bread, just whiz half a slice of bread, (the end piece works well), in a blender until the crumbs are fine.

Add a little sweet paprika to the chicken or in the breadcrumbs.