

Chicken nuggets and wedges

YEAR 8



- 1 chicken breast
- 1 potato
- 2 tbsp oil
- 2 eggs
- 100g plain flour
- 300g bread crumbs
- Optional flavouring: Chilli, paprika, parmesan

1. Heat the oven to 180C/fan160C/gas 4. Line a tray with grease proof paper.
2. On a green chopping board slice the potato into wedges place on baking tray and cover with oil and seasoning.– PUT IN THE OVEN.
3. On a red chopping board, dice the chicken into even size pieces.
4. Using three bowls or tins coat the chicken in the flour, the egg and the bread crumbs.
5. Leave each nugget in the bread crumbs until ready to put in the oven.
6. Take the tray out of the oven and add the nuggets.
7. Bake for 15- 20 minutes
8. Make sure the chicken is piping hot and cooked through to 75°C
9. Place chicken and wedges on cooling rack and leave to cool.

Knowledge check focus: Reducing fat content

- How is energy measured.?
- Identify the cooking methods have been used to reduce fat content in this dish.
- What are the effects of over consuming too much energy?
- Why is it important to reduce our energy intake?
- Why are larger chips healthier to consume?
- What are the effects of over consuming too much energy?
- What is the difference between a saturated and unsaturated fat?
- How could you adapt the meal to increase the amount of fibre?