



FLAVOURED CHICKEN NUGGETS

<i>Ingredients</i>	<i>Equipment</i>
Chicken Thighs or Fillets	Chopping Boards
½ Cup Flour/Gluten Free	Chef Knife
2 Teaspoons Flavouring (Curry, Moroccan, Lemon)*	Cup Measures
2 Eggs/No Egg Replacer	Spoon Measures
½ Cup Water	Whisk
¾ Cup Bread Crumbs/Gluten Free/alternative	3 Mixing Bowls
Oil for Frying	Wooden Spoon
	Tongs
	Frypan

*All spices used are Woolworths brand with no traces of nuts.

*See 'Products used in Kitchen Classroom', on CPS Website.

Products omitted as required.

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Remove the skin from the chicken**
- 4. Cut chicken in to chicken nugget pieces**

- 5. Place flour and flavouring in to one of the mixing bowls, mix thoroughly with the wooden spoon.**
- 6. Whisk the egg and water in another mixing bowl.**
- 7. Put bread crumbs in the last mixing bowl.**
- 8. Coat chicken with flour first.**
- 9. Then coat chicken with egg wash.**
- 10. Last coat chicken with bread crumbs.**
- 11. Place the platter provided.**
- 12. Heat oil in the electric frying pan, cook chicken until golden brown turning regularly.**
- 13. Place cooked chicken nuggets on paper towel.**
- 14. Serve with coleslaw.**