

CURRY FLAVOURED CHICKEN NUGGETS

<i>Ingredients</i>	<i>Equipment</i>
1 Chicken Fillet	Chopping Board
¼ Cup Plain Flour/ Gluten Free*	Chef's Knife
1 Tablespoon Curry Powder*	Spoon Measurements
Salt & Pepper to taste	Cup Measurements
1 Egg/ Egg Replacer*	3 Mixing Bowls
½ Cup Water	Whisk
½ Cup Bread Crumbs/ Gluten Free*	Electric Frypan
Oil for Frying	Tongs

*Please refer to the CPS website for alternative ingredients

*Only Woolworths brand spices used with no traces of nuts

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Cut chicken into nugget size.
4. Place ¼ cup of flour and 1 tablespoon of curry powder, salt and pepper in the first mixing bowl, mix well.
5. Crack egg into second mixing bowl add ½ cup water, and whisk.
6. Place ½ cup bread crumbs into the third mixing bowl.
7. Coat the chicken pieces with flour first, then the egg then the bread crumbs. Place on a tray.
8. Fry in the Electric Frypan until golden brown.
9. Drain on paper towel.
10. Serve and enjoy!