

## Chicken Nuggets



### To make 70 small nuggets

- 1kg chicken thighs
- 1 cup plain flour
- 3 eggs
- 1 cup bread crumbs
- 3 Tbsp canola cooking oil
- 1 medium zip lock or freezer plastic bag

### To make 140 small nuggets

- 2kg
- 2 cups
- 6
- 2 cups
- 6 Tbsp
- 1 or 2

EQUIPMENT: oven tray/ frypan, tongs, knife, chopping board, measuring cups and spoons

### METHOD:

1. If cooking in oven, turn oven to 180C.
2. Chop chicken into nugget size pieces (approx. 14-16).
3. Place flour into the freezer bag.
4. Place chicken pieces into the bag with flour and shake.
5. Add eggs and shake. Squish bag contents.
6. Add breadcrumbs and shake.
7. Pan fry nuggets on medium heat with oil until cooked through. If using oven, spray cooking tray with oil and cook approximately 20-25 minutes, or until cooked through.

Serve with dipping sauce like relish, salsa or a yogurt sauce.