

# CHICKEN NUGGETS

By MISS MUSIEJ

Ready, steady, go...



# Lets get started!

## Ingredients:

- 1 egg
- Turkey or chicken breast- 500g
- Ruskoline (dry Breadcrumbs)
- Salt and pepper
- Favorite herbs (I used fajitas seasoning)
- Oil (sunflower or vegetable)

## You will need:

- A chopping board
- Knife or whisk
- Fork
- 2 bowls
- Spatula
- Frying pan



1  
In first bowl beat the egg using your fork or whisk and season it with salt and pepper.

It is just like making scramble eggs!



- Chop up the turkey or chicken breast into nugget-sized pieces (you can trim off the fatty bits if you want)
- Dip all the pieces in the egg mixture. Make sure to coat them all.



**Sharp knife! Mind your fingers!**

- Use the second bowl to mix the Breadcrumbs with your favorite herbs.
- Now the messy bit! It is time to cover your egg pieces of chicken with your breadcrumb mix. make sure you cover all your pieces by turning them over, under and sideways!



- Heat some oil in a large frying pan over medium heat.
- When the oil is hot (Ask an adult to help) carefully place in a few pieces.
- Let them cook for 2-3 minutes on each side until they are golden brown.



**It is very h🔥t!**



ENJOY! 🍷💖