

Chicken Nuggets & Dip

Ingredients

- 2 chicken breasts
- 2 slices of bread
- 1 egg
- 4 tbsp. Plain flour
- Seasoning
- Crate a dip



1. Set the oven to 190°C and line a baking tray.



2. Blitz the bread in the food processor.



3. In twos, add the flour to one bowl, eggs in the second and breadcrumbs in the third.



4. On a red board, slice or cut your chicken into nugget sized chunks.



5. Dip the chicken pieces in the flour, then egg, then breadcrumbs. Lay on your lined baking tray.



6. Bake the chicken for 15 minutes or until the food probe reads 75°C. **Wash up all of the equipment so far.**

For the dip:

You have an opportunity to make your dip.

You can either jazz up a simple mayonnaise with paprika for example, or even make your own mayonnaise!

If you fancy a more tomato based dip, why don't you find a simple recipe to make one?

Be brave!