

Chicken fingers preparation



What am I going to add to my chicken?

- Ingredients:
- 1 chicken breast/1 fillet fish or turkey breast.
- 1 egg
- 50g butter
- 100g breadcrumbs (golden)
- Herbs/spices are optional



Additional flavours

- Coriander
- Mixed herbs
- Paprika
- Chilli powder
- Nutmeg
- Italian herbs
- Parsley
- Basil
- Oregano



Production Timeplan



The process:

- Oven to 180c, gas 6.
Wash hands
- Chop butter and spread out on a baking tray, place on worktop
- Cut up the chicken.
- **Wash hands again**
- Beat the egg in a bowl.
- **Put shells and empty chicken wrappers in the bin**
- Sprinkle breadcrumbs onto a plate.
- Dip pieces of chicken in the egg then roll in the breadcrumbs.
- **Wash hands**
- Place in tin.
- Cook for 10 mins.
- Turn over and cook for further 5 – 10 mins.
- Wash up in **hot** water, dry, check cupboards and tidy up.