

MC-COOKALONG CHICKEN NUGGETS



INGREDIENTS

- 2 chicken fillets breasts - cut into chunks
- 2 small frozen wholemeal breadrolls
- 1 teaspoon smoked paprika
- ½ teaspoon mixed herbs
- ½ teaspoon parsley
- black pepper
- 1 egg
- 25g plain flour

EQUIPMENT

- chopping board, sharp knife, 2 plates,
- food processor or grater,
- medium food bag, teaspoon,
- bowl, fork, baking tray

SERVES: 4

PREP TIME: 20 minutes

ALLERGENS: cereals containing gluten,
milk, egg

COOK TIME: 15-20 minutes

METHOD

- 1** Preheat the oven to 190°C or Gas mark 5.
- 2** Make the crumbs – either grate the bread into small pieces or whizz in a food processor, then place in a food bag. Add the herbs and spices to the bag and shake to combine.
- 3** Crack and beat the egg and place in a bowl.
- 4** Sprinkle the chicken pieces with a little flour. Then (in batches of 2) dip the chicken pieces into the egg and breadcrumbs.

(Always remember to wash your hands after handling raw chicken and eggs.)
- 5** Place on a lightly greased baking tray and repeat the process until all the chicken strips have been coated.
- 6** Bake in the oven for 15-20 minutes until golden brown in colour. When ready, cut into one goujons to check that the meat/fish is thoroughly cooked and piping hot.
- 7** Serve the Mc-Cookalong Nuggets with the potato wedges, strawberry shake and a piece of fruit .

MC-COOKALONG POTATO WEDGES



INGREDIENTS

500g new potatoes – quartered
1 tablespoon vegetable oil
1 teaspoon mixed herbs
black pepper

EQUIPMENT

chopping board, sharp knife,
tablespoon, mixing bowl,
baking tray, fish slice

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: -----

COOK TIME: 30-35 minutes

METHOD

- 1** Preheat the oven to 200°C or Gas Mark 6.
- 2** Place the wedges in a large bowl. Add the oil, mixed herbs and black pepper. Mix well.
- 3** Spread the wedges (skin side down) on the baking tray and bake for 30 minutes until soft and golden brown.
- 4** Serve the wedges as part of a Mc-Cookalong Meal.

MC-COOKALONG STRAWBERRY SHAKE



INGREDIENTS

150g fresh or frozen strawberries

1/2 ripe banana

1 small pot low fat strawberry yogurt - chilled

300ml milk

EQUIPMENT

blender, tablespoon, chopping board

sharp knife, serving glasses

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: milk

COOK TIME: 2-3 minutes

METHOD

- 1** Place all of the ingredients into the blender.
- 2** Put the lid on the blender and then 'whizz up' the ingredients until smooth.
- 3** Pour the milkshake into serving glasses and serve immediately as part of your Mc-Cookalong Meal.