

TIME TO COOK CLUB

RECIPE CARD

Chicken Bites with 2 Dipping Sauces

Difficulty Rating: **Easy**

Prep Time: **40 mins**

Cooking Time: **20-25 mins**

Serves 4



Ingredients

Chicken Bites:

- 1 packet of 8 mini Chicken Breast Fillets (385g)
- 2 zip lock freezer bags
- 3 tablespoons *of either* Plain *or* Greek Yoghurt
- 1 teaspoon Worcester Sauce
- 1 teaspoon Soy Sauce (reduced Salt)
- 1 Garlic Clove
- 1/4 teaspoon Paprika
- A shake of Oregano

- 150g of Cheese & Onion flavoured Crisps
- 25g grated Parmesan Cheese
- 6 tablespoons of Plain Flour
- 1 large Egg

Dips:

- 2 tablespoons Tomato Ketchup
- 1 teaspoon Sweet Chilli Sauce
- 1/2 a Lemon
- 2 tablespoons Mayonnaise
- 1 teaspoon of Honey
- 1/2 a teaspoon Dijon Mustard

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Method



- 1** In one freezer bag, add the plain or Greek yoghurt, Worcester sauce, Soy sauce, crushed garlic and the herbs (Paprika and Oregano).
- 2** Place the mini chicken breast fillets into the bag and the seal the bag securely.
- 3** Using your fingers, move the chicken around in the bag so that all the chicken is coated with the yoghurt 'marinade'.
The yoghurt will make the chicken nice and tender.
- 4** Place the bag in the fridge for 30 minutes. *Important: Wash your hands thoroughly after handling raw chicken.*
- 5** Empty the crisps into the second freezer bag. Seal the bag tightly. Using your fingers, crush the crisps until they break up into small pieces. *You could use a rolling pin to bash the crisps!* Now try rolling the rolling pin over the bag.
- 6** Open the freezer bag and tip in the Parmesan cheese. Hold the top of the bag carefully and gently shake so that the Parmesan gets mixed in with the crisps. Re-seal the bag and leave to one side.
- 7** *You will need 3 bowls.* In one bowl, put the 6 tablespoons of flour. In another bowl put the beaten egg and in the third bowl , put the crisp mixture in.
- 8** Line a baking tray with non-stick paper. Pre-heat the oven to Gas Mark 6 / 200°C or Fan 180°C.
- 9** Remove the bag of chicken from the fridge and unseal it.

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continued



The next stage is in five steps.

- 1 Take a piece of chicken from the bag.
- 2 Dip it in the flour
- 3 Roll it in the beaten egg
- 4 Bury it in the crisps
- 5 Place it on the baking tray.

This is a messy activity but lots of fun! If your little cooks don't want to get their hands messy, they can use a fork and a spoon. When all the chicken fillets have been prepared, wash your hands thoroughly. You might find it easier to have a hand washing bowl close by!

Adults: Place in the oven for 10 minutes. After 10 minutes, turn the chicken bites over and return to the oven to bake for a further 10 minutes. Check that the chicken is thoroughly cooked inside by cutting a piece in half. The meat inside should be white.

To make the dips

- 1 Place 2 tablespoons of tomato ketchup, 1 teaspoon of sweet chilli sauce and a squeeze of lemon into a small bowl and mix well together.
- 2 Place 2 tablespoons of mayonnaise in a bowl. Add 1 teaspoon of honey and 1/2 a teaspoon of Dijon mustard. Stir well to blend.