



CRISPY CHICKEN WITH WEDGES



Equipment – Red and white chopping boards, chef's knife, mixing bowl, 2 x forks, baking tray – lined with foil

In pairs

Ingredients –

Crispy chicken

½ chicken breast
2 tbsp. mayonnaise
1 tbsp. natural yogurt
Panko breadcrumbs
Mixed herbs OR paprika

Wedges

Potato
Oil
Salt and pepper
Mixed herbs or paprika

Nutrition

Chicken– protein
Egg– protein and vitamin B

Modification for a Healthy Diet

Do not use oil on sweet potatoes and bake on greaseproof. Use wholemeal breadcrumbs.

Method –

- 1 **Preheat** oven 180°C.
- 2 **Using** a white chopping board, cut the potato into wedges.
- 3 **Put** the wedges onto the baking tray, season and flavor, mix well. Put in oven.
- 4 **Put** the mayonnaise and yogurt into the mixing bowl.
- 4 **Using** a red chopping board, **cut** the chicken into 1 1/2cm squares.
- 5 **Put** the chicken into the yogurt mix, stir well.
- 6 **Dip** the chicken into the breadcrumbs, cover evenly.
- 7 **Take** the wedges out and add the chicken to the tray.
- 8 **Return** to the oven and cook for another 10 – 15 minutes.
- 9 **Take out**, check the chicken is cooked and divide evenly.