HOW TO MAKE YOUR OWN

CHICKEN NUGGETS

With Oscar Hill. (Who loves chicken nuggets.)

You will need:

Half a cup of flour (64 grams)

One beaten egg (mash with a utensil or whisk)

One pound of chicken breast

3 teaspoons of seasoned salt

Half a cup breadcrumbs (can be either Italian or Panko)

3 teaspoons of pepper

You can have: one eighth of parmesan cheese in a cup

You can have: one quarter of garlic powder.

Separate the flour egg and oil into different jugs or cups.

Note: you don’t need the cheese or garlic, they are just for option if you want to make these chicken nuggets.

STEP ONE

As carefully as you can, cut or trim off the fat from the chicken breasts, and cut them into approximate chicken nuggets sized (and shaped) nuggets. And if you have a special preference, you can even turn them into tenders.





STEP TWO

Coat your chicken in some of the flour. Shake off any excess flour stuck to the chicken.



STEP THREE

Dip your chicken nugget into the beaten egg and make sure to cover both sides completely. If your fingers got hit by the egg, wash them before continuing.



STEP FOUR

Now it’s time to cover the nuggets with the breadcrumbs. Again, make sure you coat both sides completely. And don’t worry about shaking excess breadcrumbs off.



STEP FIVE

Carefully, place the nuggets on a cooling rack on a clean baking tray. If you are to bake your chicken, spray them with cooking spray.



STEP SIX

In the oven, bake the nuggets for 25 minutes. Half way through the cooking, flip them over.



STEP SEVEN

Serve your chicken nuggets with any sauce you desire. Defeat the plain foods! >:)



