



## POPCORN CHICKEN

These herby chicken bites are so moreish and very versatile. Have them as a main meal with a salad, vegetables and jacket potato or pop them in a wrap with some lettuce for lunch. They're also great on their own to serve as a nibble at parties.



**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; crack an egg; beat an egg; coat e.g. goujons; use a hob (with adult supervision).

**Equipment:** Weighing scales, measuring spoons, fork, 2 spoons, 2 large bowls, 1 medium bowl, garlic crusher, 2 baking trays.

**Allergens\*:** Wheat | Gluten | Egg  
May contain soya.

### Ingredients (makes 4 portions):

- 450g chicken breast
- 1 tsp oregano
- 1 tsp rosemary
- 1 garlic clove, crushed
- 100g plain flour
- Freshly ground black pepper
- 2 eggs, beaten
- 300g breadcrumbs

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

### Method

1. Preheat the oven to 190C / Gas Mark 5.
2. Cut the chicken into small bite-sized chunks (approx. 2cm pieces) and put in a large bowl.
3. Crush the garlic, add it to the chicken and mix together.
4. Crack the eggs into the medium bowl and beat them with a fork.
5. Weigh the flour into a large bowl, add the herbs and pepper and stir to combine.
6. Place your breadcrumbs in the third large bowl.
7. Working in small batches, dip the chicken pieces first into the egg, then into the herby flour and then finally into the breadcrumbs to coat before placing them on the baking trays.
8. Cook for 15 minutes until crispy and golden brown.

*N.B. because the flour and breadcrumbs have come into contact with raw chicken, throw any that is left away.*



## POPCORN CHICKEN Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

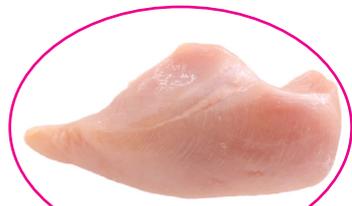
Per 194g serving

<b>ENERGY</b>	2167kJ / 512kcal	26%
<b>LOW</b>	<b>FAT</b> 5.6g	8%
<b>LOW</b>	<b>SATURATES</b> 1.1g	6%
<b>LOW</b>	<b>SUGARS</b> 3.8g	4%
<b>MED</b>	<b>SALT</b> 0.8g	13%

% of an adult's reference intake  
Typical values per 100g : Energy 1117kJ / 264kcal

### So, thinking about Popcorn Chicken ...

**Chicken** is high in protein, and is a good source of B vitamins. Without the skin chicken breast meat is low in fat and calories.



**Breadcrumbs** are a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.



### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.