

Recipe Template

Course Name	ProStart 1- Chapter 6				
Day of Lab (M-F)		Mod(s)		Kitchen #	

Name Please write your <u>full names</u> .	

Menu Item	Chicken Nuggets			Prep Time:	15 minutes
Yield	20 - 30 nuggets (dependent on size cut)	Portion Size	7 - 10 nuggets 2 - 3 T sauce	Cooking Time:	20 minutes
Recipe Source/Link	https://www.allrecipes.com/recipe/8601/herbed-chicken-nuggets/ https://buildyourbite.com/copycat-chick-fil-a-sauce-recipe/			Serving Time:	15 minutes
Total Time Required for Recipe:					50 minutes

Chicken Nuggets Ingredients	Copycat Chick-fil-a sauce
2 ct boneless, skinless chicken breasts 2/3 c plain breadcrumbs 1/3 c grated parmesan cheese 3/4 t salt 3/4 t dried thyme 1 t dried basil 5 T butter, melted	1/4 cup mayo 1 teaspoon mustard 1 tablespoon barbecue sauce 1 tablespoon honey

Directions
Chicken Nuggets 1. Preheat the air fryer to 400 degrees F (200 degrees C). 2. Cut chicken breasts into 1 1/2-inch sized pieces. 3. In a medium bowl, mix together the breadcrumbs, cheese, salt, thyme and basil. Mix well. Put melted butter in a bowl or dish for dipping. 4. Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. 5. Place the well-coated chicken pieces into the lightly greased air fryer tray in a single layer, and bake for 5-6 minutes on each side.

On the backside, as a group write a reflection comparing these chicken nuggets to other chicken nuggets you've had before (frozen, fast food, etc).