

Chicken Nuggets

The problem is that chicken breast is expensive, but just once in a while . . .
. . . and some supermarkets do strips of poultry, so go for it.

As a guideline allow 250 gms / 8 oz uncooked meat per person. More if they are "growing lads".

The nuggets are **English**¹, but the sauces to use are **Indian**².

Ingredients

1 to 1 chicken breasts per person cut
into strips

1 clove garlic skinned and chopped

A little sunflower oil

Method

Heat the oil in a frying pan or wok and fry the chicken and garlic for 5 minutes or until browned.

use as per the chosen variation.

Chicken nuggets can be used:

- with the basic curry sauce³ to make simple chicken curry.
- with a green salad⁴ to make chicken salad.
- with pasta⁵ to make chicken and pasta.
- with coriander etc to make chicken coriander⁶.
- with eggs and prawns to make rice Cambodia⁷.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/countries/india.htm>

³http://www.fairtradecookbook.org.uk/recipes/curry_basic.htm

⁴http://www.fairtradecookbook.org.uk/recipes/green_salad.htm

⁵http://www.fairtradecookbook.org.uk/recipes/pasta_basics.htm

⁶http://www.fairtradecookbook.org.uk/recipes/chicken_coriander.htm

⁷http://www.fairtradecookbook.org.uk/recipes/rice_cambodia.htm