

Chicken four ways

Pan fried chicken pieces

Food transformations

Ingredients

Serves 2

2 teaspoons oil

200 grams diced chicken pieces

1 clove garlic, crushed

2 tablespoons lemon juice

2 tablespoons water

$\frac{1}{4}$ cup chopped fresh herbs

(coriander, parsley, Thai basil)

pinch salt

pepper to taste

Method

1. Heat oil in a large frying pan over medium heat.
2. Add chicken pieces and fry on one side until they no longer stick to the bottom.
3. Turn them over and do the same for the other side.
4. Once browned and loose from the pan, add garlic and cook 1-2 minutes.
5. Add lemon juice and water and cook until all liquid has evaporated from the pan.
6. Check chicken is no longer pink in the middle.
7. Add herbs and season with salt and pepper.
8. Remove chicken from pan using tongs and place on a plate.

Serving suggestions

- Serve with carrot salad and potato rosti.
- Serve with a green vegetable such as steamed silverbeet, spinach or peas.

Tip

- Remember to wash cutting boards after each task.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Tongs
-  Wooden spoon

Preparation and cooking skills

Brown, chop, dice, fry, prepare and cook raw poultry.

Nutrition

- Chicken is a great source of protein, iron and B-vitamins which help you to grow, build strong muscles and stop you from getting sick.
- Raw chicken may contain *Campylobacter*, which are pathogens (micro-organisms or bugs that cause illness and food poisoning). Following handwashing rules and the three C's – *Clean, Cook, Chill* – can help keep you safe from bugs in your food.

Chicken four ways

Grilled chicken

Food transformations



Ingredients

Serves 2

2 chicken thighs, sliced into strips

1 tablespoon lemon juice

2 teaspoons oil

pinch salt

pepper to taste

Method

1. Mix chicken with lemon juice, oil, salt and pepper in a large bowl. Cover with plastic wrap. Place in refrigerator and leave to marinate for about 15 minutes.
2. Soak wooden skewers in a shallow bowl of water for 10 minutes. Thread chicken strips onto skewers, then **choose one** of the following:
Option 1: Preheat oven grill to medium heat. Place skewers in a baking dish and grill on each side until chicken is no longer pink in the middle.
Option 2: Heat oil in a frying pan over medium heat and fry chicken on each side until browned and no longer pink in the middle.
3. Remove from heat and serve.

Serving suggestions

- Serve with carrot salad and potato rosti.
- Serve with a green vegetable such as steamed silverbeet, spinach or peas.

Tip

- Remember to wash cutting boards after each task.

Equipment

-  Baking dish or frying pan
-  Cutting board and knife
-  Large bowl
-  Measuring spoons
-  Shallow bowl
-  Tongs
-  10 wooden skewers

Preparation and cooking skills

Fry, grill, marinate, mix, prepare and cook raw poultry, slice, thread onto skewers.

Nutrition

- Chicken is a great source of protein, iron and B-vitamins which help you to grow, build strong muscles and stop you from getting sick.
- Raw chicken may contain *Campylobacter*, which are pathogens (micro-organisms or bugs that cause illness and food poisoning). Following handwashing rules and the three C's - *Clean, Cook, Chill* – can help keep you safe from bugs in your food.

Chicken four ways

Roast chicken

Food transformations



Ingredients

Serves 2

4 chicken drumsticks

2 teaspoons oil

2 teaspoons lemon juice

2 teaspoons soy sauce

1/2 teaspoon ground coriander

pepper to taste

Method

1. Heat oven to 225°C.
2. Place chicken drumsticks in a roasting pan.
3. Drizzle with oil, lemon juice and soy sauce.
4. Sprinkle with coriander and pepper.
5. Roast for approximately 35 minutes or until golden brown and no longer pink in the middle.
6. Remove from oven. Place chicken on a plate to serve.

Serving suggestions

- Serve with carrot salad and potato wedges.
- Serve with a green vegetable such as steamed silverbeet, spinach or peas.

Equipment

- Measuring spoons
- Roasting pan

Preparation and cooking skills

Prepare and cook raw poultry, roast, use herbs and spices to flavour dishes.

Nutrition

- Chicken is a great source of protein, iron and B-vitamins which helps you to grow, build strong muscles and stops you from getting sick.
- Raw chicken may contain *Campylobacter*, which are pathogens (micro-organisms or bugs that cause illness and food poisoning). Following handwashing rules and the three C's - *Clean, Cook, Chill* – can help keep you safe from bugs in your food.