

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

¼ 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, potato rosti, and with a green vegetable such as steamed silverbeet, spinach or peas.

Tip

- Remember to wash cutting boards and tongs 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 gives you 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 hand washing rules and the three C's – *Clean, Cook, Chill* – can help keep food safe.

Chicken four ways

Chicken and vegetable soup

Food transformations

Ingredients

Serves 2

2 teaspoons oil

4 chicken drumsticks

½ onion, diced

1 carrot, diced

1 potato, peeled and diced

1 clove garlic, crushed

½ chicken stock cube

2 cups water

2 teaspoons vinegar

½ cup frozen peas

Method

1. Heat oil in a large saucepan over medium heat.
2. Add drumsticks and brown all over using tongs.
3. Reduce heat to low, then add onion and carrot, cook until softened.
4. Add potatoes and garlic and cook for 1-2 minutes.
5. Add stock, water and vinegar and simmer until chicken is falling off the bone and potatoes are soft. Remove saucepan from heat.
6. Place drumsticks in a large bowl, take meat off the bones, then return meat to the saucepan, discarding bones.
7. Add peas and heat, bring to boil and simmer for 2 minutes.
8. Remove from heat and serve into bowls with a ladle.

Serving suggestion











- Serve with a wholemeal bread roll.

Tip

- Remember to wash cutting boards and tongs after each task.



Equipment

-  Large bowl
-  Cutting board and knife
-  Ladle
-  Large saucepan
-  Measuring cups
-  Measuring jug
-  Measuring spoons
-  Vegetable peeler
-  Tongs
-  Wooden spoon

Preparation and cooking skills

Boil, brown, dice, peel, prepare and cook raw poultry, simmer.

Nutrition

- Chicken gives you 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).
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Chicken four ways

Grilled chicken

Food transformations



Ingredients

Serves 2 (makes 10)

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 coleslaw, potato rosti, and a green vegetable such as steamed silverbeet, spinach or peas.

Tip

- Remember to wash cutting boards and tongs 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 gives you 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 hand washing rules and the three C's - *Clean, Cook, Chill* - can help keep food safe.

Chicken four ways

Roast chicken

Food transformations



Ingredients

Serves 2

- 4 chicken drumsticks
- 2 teaspoons oil
- 2 teaspoons lemon juice
- 2 teaspoons soy sauce
- ½ teaspoon ground coriander
- pepper to taste

Method

1. Heat oven to 225°C.
2. Place chicken drumsticks in a roasting pan using clean tongs.
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 serving plate using clean tongs.

Serving suggestions

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

Tip

- Remember to wash tongs after each task.

Equipment

- Measuring spoons
- Roasting pan
- Tongs

Preparation and cooking skills

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

Nutrition

- Chicken gives you 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 hand washing rules and the three C's - *Clean, Cook, Chill* - can help keep food safe.