



Chicken nuggets, sweet potato wedges and Summer slaw

Sweet potato wedges

- 1 sweet potato per person
 - 2 tablespoons of oil (rapeseed, olive or sunflower)
 - Salt and pepper
 - 1 tsp paprika or another herb/spice of your choice
1. Heat the oven to 180 degrees C or 375 F gas mark 5
 2. Wash the potatoes. Cut the ends off. Cut them in half lengthwise and then cut each half in half again.
 3. Put them in a roasting tin
 4. Sprinkle over the oil and a shake of salt and pepper
 5. Add herbs and/or spices if you are using them
 6. Put them in the oven for around 25 minutes

Chicken nuggets

- Approx 4 chicken fillets. You need about 180g meat per person
 - 150g cornflakes (no added sugar variety) or breadcrumbs or oats (this is for the coating so whatever you prefer or maybe try some of each and find out which you like best)
 - 2 tbsp olive oil
 - Salt and pepper
 - 2 eggs
 - 100g flour
1. Cut the chicken into strips approx. 2 fingers across or nugget size pieces if you prefer
 2. If you're using cornflakes or breadcrumbs as your coating put them into a food processor or liquidiser, add the oil, the salt and pepper and blitz for around 10 seconds. If you don't have a processor or liquidiser put it into a bag or bowl and bash it with a rolling pin. Don't do this if you're using oats.
 3. Put the coating on a tray and spread it into a thin layer
 4. Crack the eggs into a bowl.
 5. Put the flour in a separate bowl.
 6. Dip the chicken pieces one at a time into the flour, then the egg and then roll them in the coating and put them on a baking tray, preferably non-stick.
 7. Put them in the oven with the sweet potatoes for approximately 25 minutes

Summer slaw

- Choose 3 or 4 vegetables/salad items that can eaten raw. Things that work well include onion, white cabbage, red cabbage, cucumber, carrot, beetroot, courgette. And you could add tinned sweetcorn if you like too. You're aiming for a colourful combination of things you like or are happy to try
1. Either grate the vegetables/salad or thinly slice them with a potato peeler and put them all together in a bowl
 2. Mix together a small pot of natural yogurt with the juice of half a lemon or lime (which equals about a tablespoon of bottled juice) and add some herbs if you want to or just a little bit of salt and pepper and mix it well into the vegetables or salad

Compare the ingredients you have used with what is in McDonald's Chicken McNuggets!

White Boneless Chicken, Water, Vegetable Oil (canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil), Enriched Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, Vegetable Starch (modified Corn, Wheat, Rice, Pea, Corn), Salt, Leavening (baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Calcium Lactate, Monocalcium Phosphate), Spices, Yeast Extract, Lemon Juice Solids, Dextrose, Natural Flavors.