



## Chicken Nuggets Casserole Recipe

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Preparation Time	25
Cooking Time	40
Serving Size	6

### Ingredients:

#### FOR THE CHICKEN NUGGETS

- 150 g chicken, ground
- 1 pc tokwa, mashed
- 1/3 cup carrot, coarsely grated
- 2 Tbsp onion, chopped
- 1 pc egg, beaten
- 3 Tbsp flour, all-purpose
- 1/2 tsp salt
- 1/4 tsp pepper, black

#### FOR THE COATING

- 1 pc egg, beaten
- 1/2 cup bread crumbs
- 2 cups oil, for deep frying

#### FOR THE SAUCE

- 1 Tbsp garlic, crushed
- 2 Tbsp onion, chopped
- 1/2 pc chicken bouillon cube
- 1/3 cup button mushroom, canned, sliced
- 1/4 cup bell pepper, red, cut into cubes
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water
- 1 Tbsp green peas
- 2/3 cup potato, cut into strips (with peel) and deep fried
- - salt, to taste

### Preparation:

1. Combine ground chicken meat, tokwa, carrot, onion, egg, flour, salt, and pepper. Mix well.
2. Transfer mixture into greased square pan/tray (8-inch x 8-inch). Flatten. Cover and chill for 10 minutes.
3. Cut chicken mixture into squares. Using spatula, pick up pieces and dip each cut piece into beaten egg then coat with breadcrumbs. Deep-fry until golden brown. Set aside.
4. For the Sauce: Sauté garlic, onion, bouillon cube, and mushrooms for 2 minutes. Add bell pepper, DEL MONTE Filipino Style Tomato Sauce, water, and salt to taste. Simmer for 10 minutes. Stir in the potatoes and green peas, then pour over chicken.

### Chef's Tip

Choose ground chicken thigh fillet, which has a little bit of fat to help keep the nuggets moist.

### **Lusog Notes**

This Chicken Nuggets Casserole dish is rich in vitamin A that helps protect one from infections by strengthening the immune system. Vitamin A also promotes normal growth and development.

### **Cooking Skills Needed**

- Sautéing
- Simmering

### **Cooking Tools**

- Measuring Cups
- Pot
- Chopping Board
- Measuring Spoon
- Spatula