



Chicken Nuggets Casserole Recipe

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