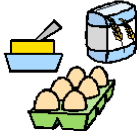
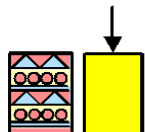


# Home-made Turkey Nuggets




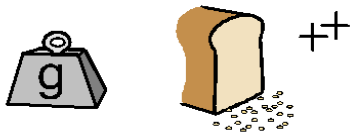
## Ingredients

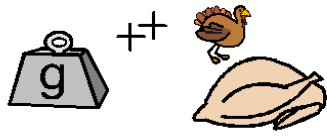
**3**   
3 tablespoons

  
Plain

  
Flour

**1**   
1 Egg

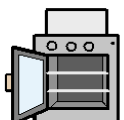
**50**   
50 gram Breadcrumbs

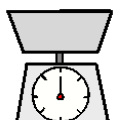
**500**   
500 Grams Turkey Breast

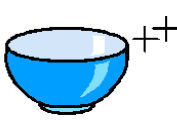
**3**   
3 tablespoons  Olive Oil



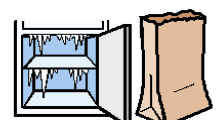
## Equipment

  
Oven

  
Scales

**2**   
2 Bowls

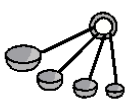
  
Fork

  
Freezer Bag

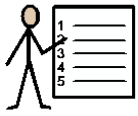
  
Baking Tray

  
Spatula





  
Oven Gloves

  
Measuring Spoons





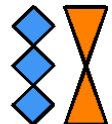
  
Red Chopping Board



## Method

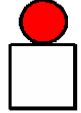
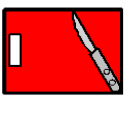



**1**   and  put  into the freezer bag.

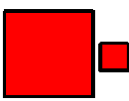
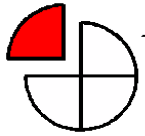
**2**  into a  and  beat with a .


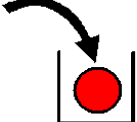
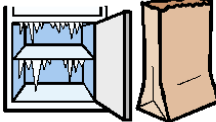

**3**   and  put  into a different 



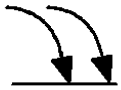
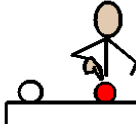

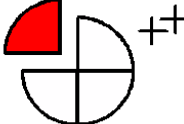
bowl.





**4**  On a red chopping board  Cut  the turkey  into 



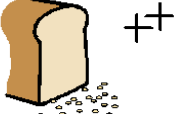

 nugget size  pieces.




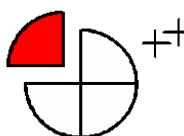
**5**  Put a nugget  into the freezer bag  and turn in the 



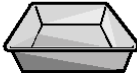
  
flour.

**6**  Repeat this  for all the turkey  pieces. 


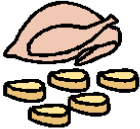
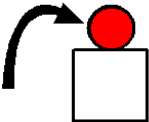

**7**  Dip a turkey  piece in the egg  mix and then 




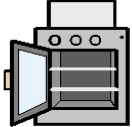
 put  into the breadcrumbs  covering the whole nugget. 

**8**  Repeat for all the other  turkey  pieces. 

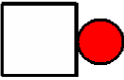

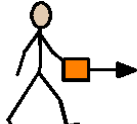
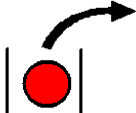
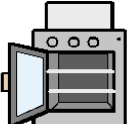
**9**  Put the olive oil  onto the baking tray  and spread

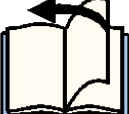
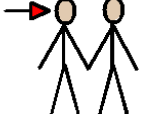
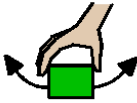

 around to grease the  tray. 


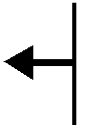
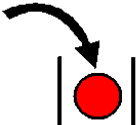



**10**      
10. Place the turkey nuggets onto the baking tray.

**11**       
11. Using the oven gloves put into the oven for

  
10 minutes.

**12**       
12. After 10 minutes take the nuggets out of the oven

     
and turn them over using the spatula.

**13**        
13. Put back into the oven for another

  
10 minutes.