



Chicken Sticks

Season:

Serves:

Recipe source: kidspot.com.au

Fresh from the garden: eggs

These can be made into meatballs.
They can be eaten hot or cold.

Equipment:	Ingredients:
Large mixing bowl Small mixing bowl Measuring cups Measuring spoons Tongs Small whisk Electric frypan Kebab skewers Silver tray 4 serving plates	<ul style="list-style-type: none">• 800g chicken mince• 1 cup wholegrain breadcrumbs• 2 eggs, lightly beaten• 2 tsp cumin• 2 tsp powdered chicken stock• 2 cloves garlic (minced garlic in jar)• 4 tbsp vegetable oil

What to do:

- 1. Soak skewers in water.
- 2. In a large bowl, place the chicken mince, breadcrumbs, eggs, cumin, chicken stock and garlic.
- 3. Combine well using a metal spoon.
- 4. Squash tablespoons of this mixture onto kebab sticks.
- 5. Heat the oil in a frying pan and fry the sticks over a medium heat, turning constantly using tongs. These only take 3-5 minutes to cook through.