

Chickitas





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Chickitas

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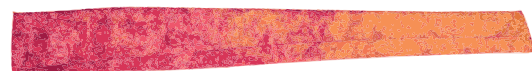
What came first-
the **Chicken**
or
the **Egg?**



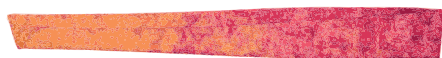
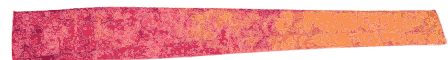
Ever wondered,
what came **first-**
the **Chicken**
or the **Egg?**



Well, it
started as a
friendly
race...



but
then
things
turned
ugly



...and it all
ended
sunnyside
up.



So, chickens
aren't so
chicken
after all!



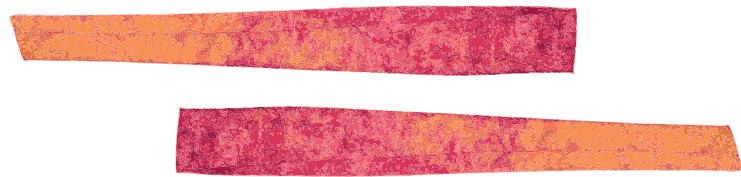
Did you
know?



Do **you** know what
the closest **living**
relative to the
T-rex is?



Perhaps
a crocodile
or a
lizard?



Scientists
were able to
collect tissue from
a T-rex
bone.



And
it turns out
chickens are
it's closest living
relative!



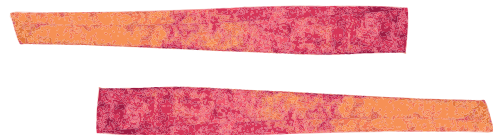
Bet you will
never
look at a chicken
the **same...**





Why did the
chicken
cross the
road?

One day,
Mr Chicken
stayed up
all night
making a nest.



He stayed up
so late
that he didn't
wake up in the
morning!



When he **finally**
woke up he realised
he was **late** for
work!



So he decided
to take a shortcut
across the
road.



So Mr Chicken
managed
to get to work-
waking
everyone else
up!



Mrs Chicken



Mrs Chicken
wanted to
live ⁱⁿ **tree**
^{the}
with the other
birds.



Mrs Chicken
couldn't fly
far, she made it to
the **lowest**
branch.



Mrs Chicken
wanted
to be right at
the top
to build her nest.



Mrs Chicken
lost her
footing
and *slipped!*



Mrs Chicken has
decided
to stay on the
ground.



Recipes





Crunchy PERi-PERi Garlic Chicken

Serves: 4-6

Crunchy chicken breasts with a PERi-PERi, garlic and lemon zest crust

4 Skinless chicken breasts, flattened

10 Cracker biscuits

Zest and juice of 2 lemons

40g Butter

15ml (1 tbsp) Flat leaf parsley

Salt and freshly ground black pepper to taste

45ml (3 tbsp) Cake flour

45ml (3 tbsp) Nando's Garlic Peri-Peri Sauce

2 Eggs



1) Preheat oven to 180°C.

2) Mix cream crackers, lemon zest and juice, butter, parsley and a pinch of salt and pepper in a food processor until mixture is very fine. Pour cracker mixture onto a plate.

3) Sprinkle the flour onto a second plate.

4) Beat eggs and Nando's Garlic PERi-PERi Sauce together.

5) Dip each chicken breast into the flour until both sides are completely coated then

6) Dip into the egg mixture until covered and then into the cracker mixture, pressing the mixture onto the breasts to stick

7) Place chicken on a baking tray and bake in the oven for 15 – 20 minutes.

8) Leave breasts whole or slice in strips and drizzle with lemon juice.

9) Serve with potato chips.



Lime & Coriander PERi-PERi Chicken

Serves: 6

A deliciously different way to spice up your chicken!

6 chicken breasts

Nando's Lime & Coriander Marinade

1) Pour Nando's Lime and Coriander Marinade over the chicken pieces and allow to stand overnight.

2) To BBQ - First microwave chicken for 15 minutes at 70% power and then barbecue over hot coals until thoroughly cooked and slightly charred, turning and basting with excess marinade regularly.

3) To bake - Marinade for a minimum of 15-20 minutes. Place marinated chicken in a casserole or oven-proof dish, drizzle with remaining marinade. Bake in a pre-heated oven at 180 degrees C for 1 1/4 hours.



Stuffed PERi-PERi Chicken Breasts with Mozzarella

Serves: 4-6

Stuffed chicken with mozzarella, baked and topped with a creamy PERi-PERi sundried tomato and basil sauce

500g Chicken breast fillets (6 fillets)
100g Grated Mozzarella
70ml Nando's Sun-dried Tomato and Basil Marinade
125ml (1/2 cup) Fresh breadcrumbs
10g Crushed garlic
15ml (1tbsp) Olive oil
Sauce:
180ml Nando's Sun-Dried Tomato and Basil Marinade
60ml Fresh cream

- 1) Mix the grated mozzarella and breadcrumbs with the Nando's Sun-dried Tomato and Basil Marinade.
- 2) Slit a pocket into each of the chicken breasts and stuff with the cheese and marinade mix.
- 3) Heat the olive oil in a heavy-based frying pan. Add garlic and chicken breasts and fry until a golden colour on both sides. Reduce heat and fry for a further 10 minutes, turning chicken frequently until cooked through.
- 4) Meanwhile, prepare the sauce by mixing the rest of the Nando's Sun-dried Tomato and Basil Marinade with the cream and heat in the microwave for 1 minute.
- 5) Serve chicken on a bed of green beans or asparagus, drizzled with sauce.



Sweet & Sticky PERi-PERi Chicken Wings

Serves: 6

Sweet and sticky chicken wings with a hint of PERi-PERi, grilled to perfection

24 Chicken wings
Salt and freshly ground black pepper to taste
250ml (1 bottle) Nando's Sweet and Sticky Marinade

- 1) Preheat oven to 220°C.
- 2) Pour Nando's Sweet and Sticky Marinade over the chicken wings, season with salt and pepper.
- 3) Leave to marinate for 20 minutes.
- 4) Place chicken wings on a grid and grill for 15 – 20 minutes, whilst turning frequently (every 5 minutes or as required).
- 4) Serve with a fresh green salad.

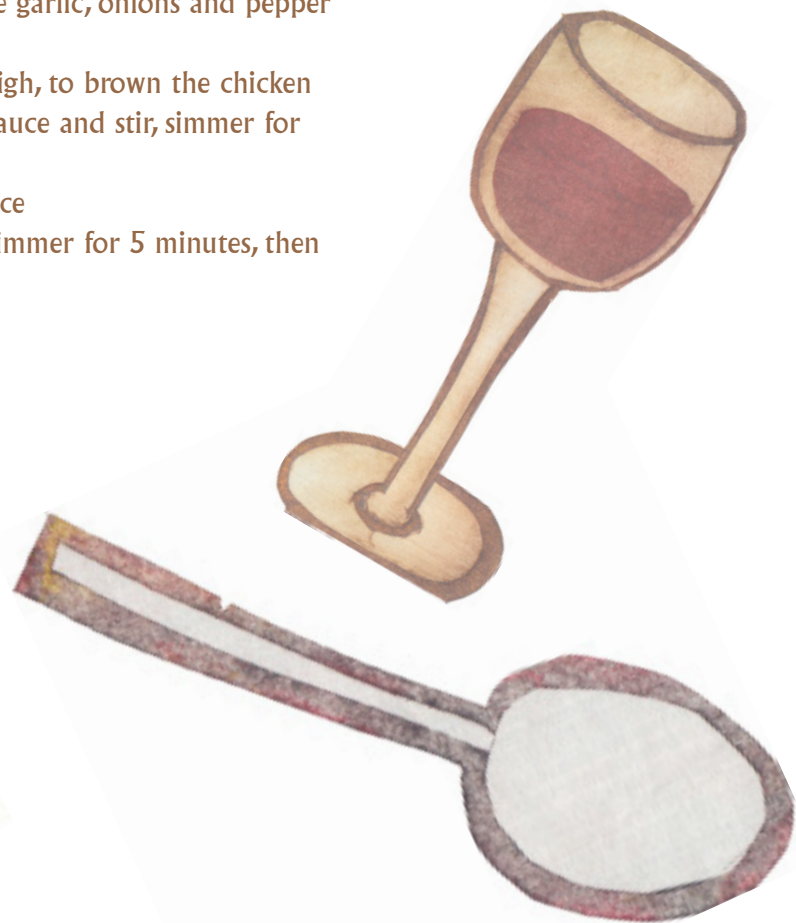
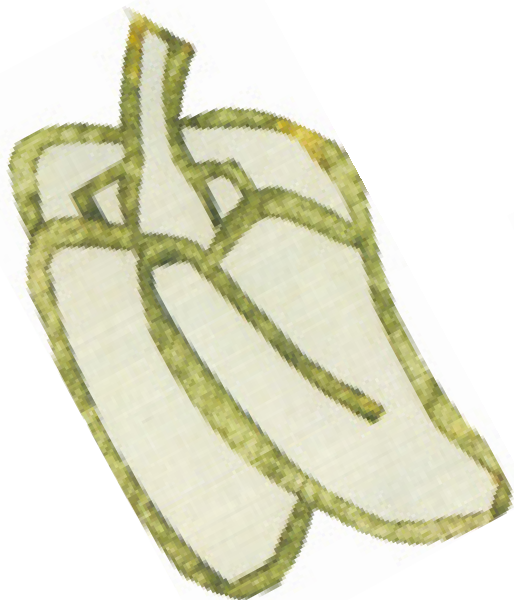


Creamy PERi-PERi Chicken Strips

A delicious, creamy chicken dish with a hearty kick of PERi-PERi

2 cloves garlic
2 onions
3 peppers (you choose the colour!)
6 chicken breasts, cut into thin strips
Large splash Nando's Garlic PERi-PERi Sauce
1 small glass on white wine
2 tbl spoons double cream

1) Heat the oil in a wok and add the garlic, onions and pepper strips, saute for 2 mins
2) Add the chicken and stir fry on high, to brown the chicken
3) Add the Nando's Hot PERi PERi Sauce and stir, simmer for one minute
4) Add the wine and simmer to reduce
5) Add the cream, stir through and simmer for 5 minutes, then serve with rice and salad



Hot PERi-PERi Stirfry

A healthy and hearty mid-week meal idea

1 clove garlic
3 chicken breasts, cut into small diced pieces
Half bottle Nando's Hot PERi-PERi Sauce
Splash soy sauce
1 pack stir fry vegetables (pre bought from a supermarket is fine)

- 1) Preheat oven to 220°C.
- 2) Pour Nando's Sweet and Sticky Marinade over the chicken wings, season with salt and pepper.
- 3) Leave to marinate for 20 minutes.
- 4) Place chicken wings on a grid and grill for 15 – 20 minutes, whilst turning frequently (every 5 minutes or as required).
- 4) Serve with a fresh green salad.



PERi-PERi Chicken Salad With A Twist!

Serves: 4

A rocket based salad with garlic PERi-PERi chicken strips, caramelised walnuts and cherry tomatoes

700g Chicken breast fillets cut into strips
125ml (1 bottle) Nando's Garlic PERi-PERi Sauce
1 bunch (120g) Fresh rocket
30ml (2 tbsp) Honey
250g Cherry tomatoes, halved
250ml (1 cup) Walnuts
Dressing:
60ml (1/4 cup) Olive oil
60ml (1/4 cup) Lemon juice
30ml (2 tbsp) Fresh cream

- 1) Soak chicken strips overnight in the Nando's Garlic PERi-PERi Sauce.
- 2) Heat the oil in a large skillet and fry the chicken strips for 6 minutes, basting frequently. Leave to cool.
- 3) Toss fresh rocket, toasted walnuts, cherry tomatoes and chicken strips
- 4) For the dressing: Combine all ingredients in a jar and shake well. Drizzle over the salad.



Sun-Dried Tomato PERi-PERi Chicken

Serves: 2

A delicious way to spice up your chicken!

4 Chicken Breasts

1 bottle Nando's Sundried Tomato & Basil Marinade

1 teaspoon honey

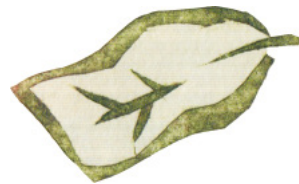
Handful basil

Half tub plain yoghurt

Quarter chopped cucumber

Pinch cumin

Teaspoon Nando's Hot PERi-PERi Sauce



1) Cut each chicken breast into thin strips and weave onto small skewers interspersed with sun-dried tomatoes.

2) Mix the Nando's Sun-Dried Tomato & Basil marinade, honey, and chopped basil leaves.

3) Pour over the chicken skewers and allow to marinate for several hours.

4) Cook on a medium hot, lightly greased BBQ (or grill) for 5-6 minutes on each side, turning often until well-browned.

5) Serve with a sauce of plain yoghurt, chopped cucumber, a pinch of cumin and a teaspoon of Nando's Hot PERi-PERi sauce.





