

IT'S NEVER TOO LATE TO JOIN OUR FAMILY FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those "treats" can have a negative impact on your whole family's health and wellbeing especially if you eat them often.

How to take part:

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won't be shared or used without your permission).
4. Photos should be sent to marijana@move-more.org
5. The winning photo will be announced at the end of the challenge.



WEEK Seven

Kentucky Style Chicken

Chicken is an excellent source of protein which helps build muscle. Protein works with calcium (a vitamin) to make your bones strong.

Chicken also has amino acids that help you grow taller and stronger!



Top Tip!

Try different flavour corn chip coatings on your chicken to change the flavour up! If you like a bit of heat and want to recreate the 'zinger' taste we recommend using the hot chilli Doritos. For a milder flavour, the 'tangy cheese' and 'cool' flavour are a winner!

Did you know...

Meat and eggs are well known to be a great source of protein but did you know that just one cup of Baked Beans has the same protein as 12 eggs!



Kentucky Style Chicken

Prep time: 20 minutes

Cooking time: 20 minutes

Serves: Family of 4

Shopping List

For the chicken:

- 1 ½ cups of crushed Doritos
- 1 egg
- 2 tablespoons milk
- 2 chicken breasts

For the mash:

- 2 large baking potatoes
- 2 medium parsnips
- Knob of butter

For the sides

- 2 sweetcorn cobs, halved
- 2 x cans BBQ-flavour baked beans

For the slaw:

- 1 large carrot, coarsely grated
- ¼ red cabbage, cored and finely shredded
- ¼ white cabbage, cored and finely shredded
- juice of 1 lemon
- 1 tbsp natural fromage fraise

1. Preheat your oven to 220°C/fan 200°C/gas 7.
2. Cook the chopped potatoes and parsnips in pan of boiling water over a high heat for 10-15 minutes.
3. Whisk together the egg & milk in a separate bowl.
4. Cut the chicken into strips (about ¾") and dip each strip in the egg mixture and then into the Doritos mixture making sure the whole strip is coated. Place on a foil lined pan and lightly spray the tops of the chicken with cooking spray. Bake 15-17 minutes or until cooked through.
5. Mix all the slaw ingredients in a bowl, season lightly to taste and chill.
6. Drain the potatoes and parsnips well. Put them back into the pan with a knob of butter, season lightly then mash it together. Add a dash of milk for smoother consistency (if required).
7. Place a non-stick griddle pan over a high heat. When hot, brush the corn on a cob lightly with oil, season and cook for 8-10 minutes, turning often.
8. Heat the beans and serve with the mash, slaw, sweetcorn.

We really hope that you have enjoyed this challenge. If you haven't already, please let us know what you thought.

enjoy!

Missed a challenge? Fear not!
You can download previous weeks here:
<https://www.move-more.org/at-home-resources/>



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