

# 四种烹饪方法让你挑选



大鸡爸  
BIG DADDY CHICKEN

## 平底锅香煎



鸡胸

先将鸡肉退冰❄️，中火预热锅和油，鸡胸入锅各面先煎2分钟，翻面后各面再煎2分钟。🍳  
(总用时 8-12分钟)

鸡扒

先将鸡肉退冰❄️，中火预热锅和油，皮朝下入锅，各面先煎3分钟，翻面后各面再煎3分钟。🍳  
(总用时 12-16分钟)

## 气炸锅



鸡胸

先将鸡肉退冰❄️，鸡胸入锅后先以180°C气炸5分钟，翻面再以180°C气炸5分钟就搞定。🍳  
(总用时 10-14分钟)

鸡扒

先将鸡肉退冰❄️，皮朝下入锅，先以180°C气炸8分钟，翻面后皮朝上再用180°C气炸8分钟。🍳  
(总用时 16-20分钟)

## 烤箱



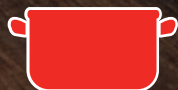
鸡胸

先将鸡肉退冰❄️，烤箱预热至180°C (上下烘烤模式)，放入鸡胸后烘烤10-14分钟搞定。🍳

鸡扒

先将鸡肉退冰❄️，烤箱预热至180°C (上下烘烤模式)，放入鸡扒后烘烤14-18分钟搞定。🍳

## 沸水煮



鸡胸

先将鸡肉退冰❄️，将未拆开的鸡胸包装放入沸水煮5分钟，再翻面沸煮4分钟就完成啦。🍳  
(总用时 9-13分钟)

## 重要贴士

❄️：将未拆开的包装放入一碗水中解冻15分钟，换水重复此步骤两次。(总用时45分钟)。

🍳：记得切开肉最厚的部分检查是否完全煮熟，如果没熟可再煮一会儿，但不要煮太久以免影响肉质的口感~





# Four Easy Ways to Cook



大鸡爸爸  
BIG DADDY CHICKEN

## Pan Fry



**Chicken Breast**

Defrost the chicken ❄️. Preheat pan and oil at medium heat, fry breast for 2 mins each side, then flip over and fry for another 2 mins each side. 🍗 (Total 8 – 12 mins)

**Chicken Chop**

Defrost the chicken ❄️. Preheat pan and oil at medium heat, insert chicken chop with the skin facing downward, fry for 3 mins each side, then flip again and fry for another 3 mins each side. 🍗 (Total 12-16 mins)

## Air Fryer



**Chicken Breast**

Defrost the chicken ❄️. Insert breast and air fry at 180°C for 5mins. Then flip over and fry at 180°C for another 5 mins. 🍗 (Total 10-14minutes)

**Chicken Chop**

Defrost the chicken ❄️. Insert chicken chop with the skin facing upward and air-fry at 180°C for 8mins. Then flip and fry at 180°C for another 8 mins. 🍗 (Total 16-20 minutes)

## Oven



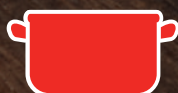
**Chicken Breast**

Defrost the chicken ❄️. Preheat oven at 180°C (upper and lower heat mode). Insert breast and bake for 10-14mins. 🍗

**Chicken Chop**

Defrost the chicken ❄️. Preheat oven at 180°C (upper and lower heat mode). Insert chicken chop and bake for 14-18mins. 🍗

## Boil



**Chicken Breast**

Defrost the chicken ❄️. Then place sealed breast package into boiling water to cook for 5 minutes, then flip over and let it cook for another 4 minutes. 🍗 (Total 9 – 13 mins).

## Important Note •

❄️ : Defrost the chicken. Thaw the whole original packing in a bowl of water for 15 minutes, change the water and repeat for another TWO times, (Total 45mins)

🍗 : Check if the meat is fully cooked by cutting the thickest part. If not cooked, cook a little longer but not for too long (to avoid overcooked).

