

Recipe: Kickin' Chicken Nuggets

Side dish

Homemade tender nuggets with a hidden surprise.

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves 20 children

This recipe makes 40 pieces, of 40 g each

Ingredients

- 1 kg chicken breast
- Ingredients A:
 - 2 eggs (whole)
 - 1 teaspoon salt
 - 1 teaspoon white pepper powder
 - 2 tablespoons of olive oil*
 - 2 tablespoon of corn flour
- 2 stalks of celery, sliced
- 1 whole carrot, sliced
- 150g of breadcrumbs
- 250g of instant oats*
- 1 teaspoon canola oil*



* Choose products with the Healthier Choice Symbol

Methods

1. Boil chicken breast for 20 minutes in water, until cooked through. Remove and cut into small cubes.
2. Blend together cooked chicken breast with ingredients A. Set aside.
3. Blend well the celery and carrots separately.
4. Mix together the blended meat and vegetables.
5. Mix the breadcrumbs together with the instant oats and spread them evenly on a tray.
6. Pack small balls of the meat mixture into shape cutters and roll in oats and bread crumbs mixture. Shapes are optional.
7. Place shapes onto a cookie sheet. Drizzle with a little oil to make them crispier.
8. Bake at 200° C for about 10 minutes. Flip halfway through and bake for another 10 minutes to get all round crispiness.



Nutrition Information

(Per piece): 40 g
Energy 175.8 kcal
Protein 6.2 g
Total fat 3.7 g
 Saturated fat 0.9 g
Carbohydrates 7.5 g
Dietary fibre 1.0 g
Sodium 96.5 mg

Cost per serving \$0.70

Assembly

9. Place 2 green peas and a pc of either corn kernel or carrots on each nugget to make a funny face.
10. Place a hat shape pick on top of each nugget.

Tips:

- Instead of baking, you can also pan fry the nuggets in very little oil, over low to medium heat.
- As an alternative to using a blender to blend the vegetables, you can finely mince them instead with a knife and chopping board.