

Recipe: “Popcorn” Chicken

Side dish

A delicious makeover of the irresistible bite-sized chicken that you can enjoy without the guilt.

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves 15 children

Per serving = 4 pc (100 g)

This recipe makes 60 pieces, each 20 g

Ingredients

- 145 g of frozen mixed vegetables
- 1 kg chicken breast, minced
- 50 g olive oil*
- 2 whole eggs
- 2 tablespoons of corn flour
- 10 g salt
- 1 tablespoon of garlic powder
- 20 g of low fat milk * ^



* Choose products with the Healthier Choice Symbol

^ Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

Methods

1. Boil the frozen mixed vegetables for 2 minutes. Drain and set aside.
2. Pre-heat oven to 200° C.
3. In a mixing bowl, combine all the ingredients and mix them well.
4. Scoop about 20 g of meat mixture and roll into 2 cm size ball, do this until all the mixture are used up.
5. Bake at 200° C for about 20 minutes.

(Optional – Serve with low fat mayonnaise or tomato ketchup)*

Tips

- *You can also bake them in an oven toaster or air fryer.*
- *To enhance flavour and taste, add 2 slices of reduce fat cheese* (shredded) during mixing.*



Nutrition Information

(Per serving): 100 g

Energy 94.4 kcal

Protein 10.4 g

Total fat 4.7 g

Saturated fat 0.9 g

Carbohydrates 2.5 g

Dietary fibre 0.6 g

Sodium 289.6 mg

Cost per serving \$0.85

