

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

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