



## OVEN BAKED CHICKEN NUGGETS

Chicken nuggets are a favourite with kids, but admit it.. you love them too! These crispy nuggets are oven baked instead of fried, and made with chicken breast meat, so they're a healthier option. Plus they're deliciously tender and perfectly crisp. Once cooked and cooled, the chicken nuggets can be stored in an airtight container in the fridge for up to 5 days.

 20 minutes

 35 minutes

 4 portions

## INGREDIENTS

- 90 grams of panko bread crumbs
- 2 tablespoons of olive oil
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of onion powder
- 1 teaspoon of paprika
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon of cayenne pepper
- 2 eggs
- 2 tablespoons of unsweetened almond milk
- 450 grams of chicken breast, cut into cubes

## COOKING METHOD

- 1° Preheat the oven to 200°C [Gas Mark 6]. Line a baking tray with baking paper.
- 2° Place the panko breadcrumbs into a medium bowl, add the dried spices and mix through. Set aside.
- 3° In a separate medium bowl, whisk together the eggs and almond milk.
- 4° Dip the chicken into the egg mixture first and then toss in the breadcrumbs until completely coated. Place each cube of chicken onto the lined baking tray and bake in the oven for 15-20 minutes, until golden and cooked through.
- 5° Serve with sauce of your choice.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (179 g)	% DRI
ENERGY	167 kcal	299 kcal	15 %
PROTEIN	19 g	34 g	68 %
CARBOHYDRATE	9 g	17 g	7 %
SUGARS	1 g	2 g	2 %
FAT	6 g	11 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
FIBER	1 g	2 g	6 %
SODIUM	431 mg	773 mg	32 %