

Homemade Nuggets



Serves
4 people

Prep Time

Cooking

Total Time

Calories

435 kcal

Stuff that's in it:

- 4 Chicken Breasts (Chopped Into Small Cubes)
 - 100Ml Buttermilk
 - 45G Parmesan (Grated)
- 100G Panko (Breadcrumbs)
 - 1 Egg (Whisked)
- 15Ml Soy Sauce (Low Salt)
 - 100G Plain Flour
 - 1Tsp Paprika
 - 1Tbsp Lemon Juice
 - Worcester Sauce

What you do:

Add the chicken to a bowl and coat it with the buttermilk, lemon juice, Worcester sauce, soy sauce and paprika.

Mix well and pop in the fridge for a few hours or over night.

When ready to cook, pre heat your oven to 200°C.

Add the flour to a plate, the egg with some water whisked in to a bowl and then combine the parmesan with the panko breadcrumbs and add that to a plate. Dip each chicken bite into the flour, then the egg, then roll in the panko parmesan mix and add to a lightly oiled tray, once all ready, give a quick squirt with oil and bake for around 25-30 mins or until cooked through and crispy.

Nutrition

- Carbs: 44g
- Fat: 8g
- Protein: 48g

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