

BAKED CHICKEN NUGGETS



QUICK

15 mins prep
time

HEALTHY

They are baked rather
than fried, reducing the
fat content

FAMILY



MEALS

Serve with colourful veg
and potato wedges (don't
peel them to increase the
fibre in this dish)

INGREDIENTS

- 5 medium chicken breasts or 10 boneless and skinless thighs
- 50g ground almonds
- 100g breadcrumbs (see tip)
- 1 handful fresh parsley chopped or 1 tbs mixed herbs
- 1 tbs flaxseeds
- 1 tbs sesame seeds
- 2 tsp ground paprika
- ½ tsp salt and 8 grinds black – **be generous**
- 2 garlic cloves
- 100ml mayonnaise plus 1 tbs water

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Mix the breadcrumbs, ground almonds, sesame seeds, paprika, herbs and salt and pepper in a large bowl or deepish plate.
- 3) Make up the wet mix in a bowl, by mixing the mayonnaise and minced garlic plus 1 tbs water
- 4) Cut your chicken into bite sized pieces
- 5) Dip the chicken into the wet mix (do a few pieces at a time)
- 6) Then put onto the dry mix, turn till fully coated.
- 7) Place on an oven tray and bake for 20 mins until cooked through.
- 8) Eat and enjoy



TOP TIP !

Whenever you have leftover bits of bread — particularly the ends — blitz them in the blender till they are breadcrumbs.

Store in the freezer till needed.
Never buy breadcrumbs again!



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com