

BAKED CHICKEN NUGGETS



QUICK

15 mins prep
time

HEALTHY

They are baked rather
than fried, reducing the
fat content

FAMILY



Feeds 5

MEALS

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

INGREDIENTS

- 600g chicken breasts or boneless & skinless thighs
- 150g breadcrumbs (see tip)
- 1 handful fresh parsley chopped or 1 tbs mixed herbs
- 2 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, sesame seeds, paprika, flaxseeds, herbs and S&P 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) Add the chicken to the wet mix and mix well to ensure they're all coated
- 6) Then put onto the dry mix, turn till fully coated (might be worth doing a few at a time)
- 7) Place on an oven tray and bake for approx 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!



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