

Chicken Nuggets

Ingredients

- 500g / 1lb chicken breast fillets
- 1/4 cup breadcrumbs + more for breading
- 1/4 cup milk
- 1/4 tsp pepper
- 1/4 tsp onion powder
- flour
- 3-ish eggs
- 1 tsp paprika
- panko crumbs

Method

1. Finely dice the chicken fillets. It is easier if you begin when they are still slightly frozen.
2. Mix chicken with 1/4 cup breadcrumbs, milk, pepper, and onion powder.
3. Take a small, nugget-sized amount of chicken mixture, roll into a patty sort of shape, and then dip in flour, then egg, then a mixture of half panko and half normal breadcrumbs. Repeat until you have used all the chicken mixture.
4. Place in a single layer on a greased baking tray and bake approximately 15-20 minutes until cooked through.

Notes

Makes approximately 24 nuggets.

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