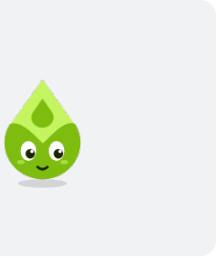
Dinner

# Crispy Baked Chicken Nuggets

Bite-sized pieces of chicken breast are coated in flour, egg and breadcrumbs, then baked until the crust turns crisp and golden.

| 30 min | 292 | 25.9 g | 0.8 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Nut free | Low sugar

## Ingredients, 2 servings

- [ ] 1 tsp sunflower oil
- [ ] 1 egg, beaten with good pinch pepper
- [ ] 1 heaped tbsp plain flour
- [ ] 50 g breadcrumbs (approx. 2 slices bread, crumbed)
- [ ] 200 g boneless, skinless chicken breast

## Method

- [ ] 1 Preheat the oven to 190°C/gas 5 and lightly brush a baking sheet with the sunflower oil.
- [ ] 2 Put the beaten egg and pepper in a shallow bowl, tip the plain flour onto one dinner plate and spread the breadcrumbs over another.
- [ ] 3 Take the 200g of boneless, skinless chicken breast and cut it into roughly 12-14 bite-sized pieces, then turn each piece in the plain flour until coated, keeping them spaced apart so they do not touch.
- [ ] 4 Wash and dry your hands, then shake the excess flour off a piece of chicken, dip it in the egg and set it on the breadcrumbs.
- [ ] 5 Sprinkle extra breadcrumbs over the top to fully cover the chicken and place it on the baking sheet, repeating until every piece is coated.
- [ ] 6 Bake for 12-15 minutes until the coating is crispy and lightly browned.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **292** |
| **Total fat** | 6.5 g |
| Saturated fat | 1.4 g |
| **Sodium** | Not listed |
| **Total carbs** | 25.9 g |
| Fiber | 1.1 g |
| Total sugars | 0.8 g |
| **Protein** | 31.6 g |

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