

# Chicken Nuggets

Prep time: 15 minutes    Cooking time: 15 minutes



4-6



8-12



## Ingredients

- 4 small chicken breasts, skin removed, cut into strips
- 2 slices of bread, lightly toasted and grated into crumbs
- Pinch of black pepper
- 1 large egg, beaten
- Spray oil

**Method.**    Pre heat oven to 180°C / Gas Mark 4

- Mix black pepper into breadcrumbs
- Dip chicken strips into the egg, coating each side. Then dip in the breadcrumbs coating each side
- Place on a baking tray. Spray with oil. Bake for 15 minutes or until golden and the chicken is cooked through (white not pink)
- Serve with wedges (see sides and delights section) and vegetables or salad



**100% homemade  
with no added  
salt, sugar or fat.**