

Chicken Nuggets

Ingredients (makes 4 servings)

3 chicken breasts
3 oz breadcrumbs
1 egg
3 fl oz water
1 oz grated cheese (optional)
1 tsp garlic powder (optional)
plain flour

Method

1. Preheat the oven to 200°C/400°F or gas mark 6
2. Cut the chicken breasts into small chunks
3. Combine the breadcrumbs, cheese and garlic powder together and place the mixture in a large plastic bag
4. Combine the egg and water in a bowl. Dip the chicken pieces into the egg mixture and then drop into the plastic bag.
5. Place the coated chicken pieces on an oiled tray. Bake for 10/15 minutes or until tender and golden brown, turning once midway through cooking.

Tip: At stage 3 when making the breadcrumbs any seasoning may be added e.g. Grated cheese, garlic powder, sesame seeds, black pepper, herbs or spices.