



Chicken nuggets



A healthy option to a quick and easy family tea

Serves 4

Total costs: £5.00

Price per portion: £1.25

Ingredients

- 3 chicken breast fillets
- 1 beaten egg
- plate of flour
- 150g breadcrumbs

Method

1. Chop the chicken into nugget sized pieces
2. Dust the chicken pieces in the flour seasoned with salt and pepper
3. Then dip the chicken pieces into the beaten egg
4. Finally, thoroughly coat the chicken pieces in the breadcrumbs
5. Place on a baking tray in the oven at 180 degrees for 20-25 minutes, turning halfway through
6. Remove and enjoy with your choice of dips