

Healthy chicken nuggets

Serves 4

Equipment

Mixing bowl, fork, chopping board, knife, baking tray, small bowl

Ingredients

3 chicken breasts

2 slices wholemeal bread, toasted

90ml water

1 egg, whisked



Method

1. Preheat the oven to 200°C/180°C Fan/Gas mark 6.
2. Cut the chicken breasts into small chunks
3. Crumble up the toast into breadcrumbs (you can use a hand blender to make them finer if desired).
4. Put the breadcrumbs into a large bowl.
5. Combine the egg and water in a separate bowl.
6. Dip each piece of chicken into the egg mixture and then drop it into the breadcrumb bowl to coat each piece.
7. Place the coated chicken on a baking tray and bake for 10-15 minutes, turning once halfway through the cooking time.
8. Once golden brown cut into one of the larger nuggets to check that the chicken is cooked through.
9. Serve the nuggets with steamed vegetables of your choice. If you are using any sauces, choose reduced sugar and salt options.