

Ultimate Chicken Nuggets

267
Calories

Serves 5

Protein

28
G

Carbs

28
G

Fats

4
G

Time

30
M

THE INGREDIENTS

- 600g Chicken Breast, Cut Into Cubes
- 35g Lupin Flour
- 125g Crushed Cornflakes
- 1 Tbsp Paprika
- 1 Tbsp Garlic Powder
- 1 Tsp onion powder
- 1 Tsp Sea Salt
- ¼ Corse Black Pepper
- 2 Eggs Whisked
- Extra Virgin Olive Oil Spay

THE METHOD

Bang the cornflakes, paprika, onion powder, garlic powder, salt and pepper into a mixing bowel and crush it all up until the cornflakes look like breadcrumbs.

Now put the lupin flour into a large bowel and eggs in another large bowel. Then you can add each chicken piece individually to the flour then the egg then into the cornflake mixture if the kids enjoy the textures and process of it. Or you can throw the lot into the flour, then into the egg and finally into the cornflake mixture to save you time.

Put the coated chicken into the air fryer for 15 minutes at 180 degrees, or a little longer until they are golden brown. BOSH, easy as that. Best nuggets you've ever had. You're welcome.