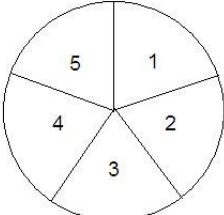


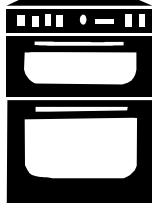
Homemade Chicken Nuggets

Serves 4

Portions of fruit & vegetables per serving: 0



Oven needed



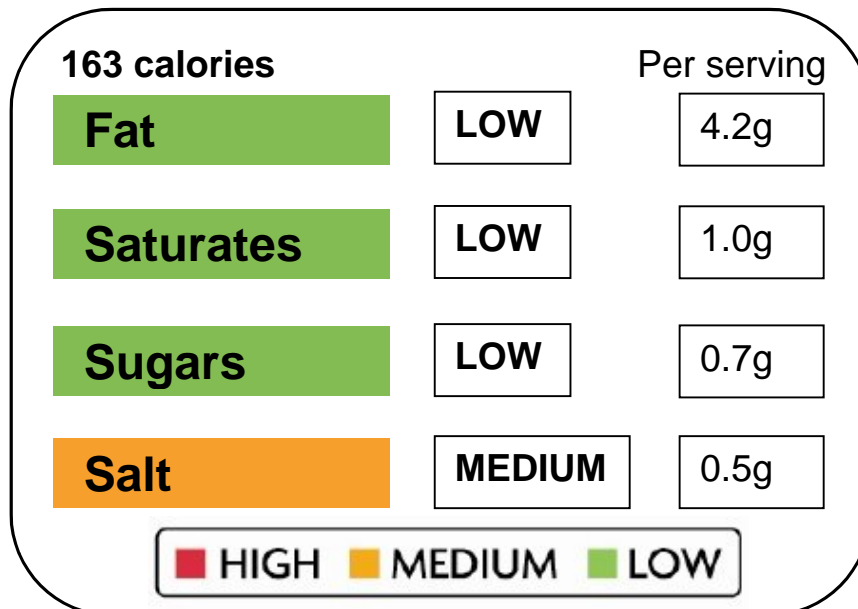
Ingredients	Amount	Preparation
chicken breasts	2	cut into 12 pieces each
lemon juice	1 tablespoon	
slices of bread	2 slices (approx 15g/ ½oz)	grated
cornflakes	15g (½oz)	crushed
mixed dried herbs	2 dessertspoons	
black pepper	¼ teaspoon	
eggs	2 medium	beaten

Please Turn Over



Method

- 1 Pre-heat the oven to 200°C/gas mark 6/400°F and grease a baking tray with a little oil
- 2 Place the chicken pieces into a bowl, add the lemon juice and mix well.
- 3 Mix the breadcrumbs, cornflakes, mixed herbs and black pepper together in a bowl.
- 4 Dip the chicken pieces in the beaten egg then roll in the breadcrumb mixture.
- 5 Place the nuggets on the tray. Cook in the oven for 15-20 minutes, until golden brown and cooked through, turning regularly.



Handy Hints

- Serve these nuggets with homemade wedges or a baked potato and vegetables or salad for a complete meal.
- Baking these nuggets in the oven, rather than frying them, keeps the fat content down.
- Adding a homemade tomato salsa would mean these nuggets could contribute to your 5 a day.

