Homemade Chicken Nuggets

Commercial chicken nuggets are only around 33% chicken, and this can include skin and fat. Making your own nuggets with chicken breast ensures you and your family are getting maximum nutritional value as well as maximum taste. It’s very easy too!

500g chicken breast fillet, skin removed
2 eggs
¾ cup milk
3 cups wholemeal toasted breadcrumbs
¼ cup finely grated Parmesan cheese
2 tsp Italian herbs
1 tsp salt
pepper to taste

Chop chicken into nugget sized pieces.
Mix eggs and milk together in a wide bowl or soup plate.
Place breadcrumbs, parmesan, herbs and seasonings together in another wide bowl or soup plate. Mix well.
Serves 4.

You can oven bake these nuggets.
Lightly spray an oven tray with canola spray and place the nuggets on it.
Bake at 200°C for 10 – 20 minutes or until chicken is cooked right through (depends on the size of the nuggets).
Serve with oven baked wedges.

Health Habits:
- Using lean chicken breast means these are much lower in fat than commercial nuggets.
- Get more fibre by using wholemeal breadcrumbs.

<table>
<thead>
<tr>
<th></th>
<th>Homemade Nuggets /100g</th>
<th>Commercial Nuggets /100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kilojoules</td>
<td>643</td>
<td>1067</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>Fibre (g)</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>266</td>
<td>590</td>
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<tr>
<td>Iron (mg)</td>
<td>9.4</td>
<td>1.5</td>
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