

Easy Peasy Nuggets / Goujons





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Serves: 4

INGREDIENTS

chicken breasts
breadcrumbs
1 egg (or use low fat natural yogurt)
salt and pepper

Per portion made from cod,
based on 3 – 4 fish sticks per person

per portion (115g)

ENERGY	FAT	SATURATES	SUGAR	SALT
776kJ 183kcal	3.1g LOW	0.7g LOW	1.3g LOW	0.96g MED
9%	4%	3%	1%	16%

of your reference intake
Typical values per 100g: Energy 675kJ/159kcal

Per portion based on half large chicken breast
per person (makes 3 – 4 nuggets)

per portion (115g)

ENERGY	FAT	SATURATES	SUGAR	SALT
940kJ 222kcal	3.9g MED	0.9g LOW	1.3g LOW	0.41g MED
11%	6%	5%	1%	7%

of your reference intake
Typical values per 100g: Energy 817kJ/193kcal

These can be made with chicken, fish (plain or smoked) or even with different vegetables.

METHOD

- 1 Chop chicken into small chunks.
- 2 Beat egg in a bowl.
- 3 Place crumbs onto a plate season with salt and pepper.
- 4 Dip each piece of chicken into beaten egg (or yogurt), then into crumbs and coat evenly.
- 5 Place on a non-stick oven tray and bake at 180°C for 15 – 20 mins until piping hot and chicken is completely white.
- 6 Serve with home-made potato wedges or any potato dish and a salad or vegetables.

TOP TIPS

- Add mixed herbs, spices or Parmesan to breadcrumbs to spice them up a little.
- You can also add oats to the breadcrumbs to coat the fish with.
- Add chilli powder to spice them up a lot!
- Use up stale bread by whizzing in a food processor once it is completely dried out to make your own breadcrumbs.
- Mixed Indian Spices make fantastic flavoured chicken nuggets. Serve with a little bit of mango chutney.
- Try dipping cauliflower florets or mushrooms into yogurt and breadcrumbs mixed with Parmesan for a low calorie, tasty starter.
- Polenta can also be used as a coating (and this is gluten free).