

Better Choices

EASE BACK INTO THE SCHOOL YEAR WITH THIS HEALTHY RECIPE FROM CLAUDINE



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THE NOT JUST CHICKEN NUGGETS!

Ingredients

For the chicken mix-

- 2 x large chicken fillets
- 1 x half head cauliflower chopped
- 1 x half head broccoli chopped
- 1 x grated carrot
- 1 x large egg

Salt and pepper

To coat -

- 200g x plain flour
- Salt and pepper
- 4 x large eggs
- 250g panko bread crumbs
- Drizzle of oil for baking



Grown Up Secret 1

You can really use any veg you want, but the consistency of the cauliflower is most like chicken nuggets!

Grown Up Secret 2

Panko breadcrumbs are the best because they go super crispy but you can use fresh breadcrumbs if that's all you have, just lightly toast them in the oven first.

Method

1. Place chicken fillets, vegetables and a pinch of salt and pepper into a food processor and pulse a couple of times, add the egg and blend until fairly smooth.
2. Place in a bowl and cover and chill for 30 min.
3. Put the flour, beaten eggs and bread crumbs into separate shallow dishes. Season the flour with salt and pepper.
4. Wet your hands with water and take around 1tbsp of the chicken mixture and roll into a ball and flatten slightly to look like a nugget.
5. Coat each nugget in the flour, then egg, then breadcrumb making sure they are well coated at each stage.
6. Line an oven tray with baking parchment and lay all the nuggets in a single layer.
7. Drizzle with olive oil and bake in a pre heated oven at 180°C for 15 min then turn over and cook for a further 15 min – nice and crispy is best.
8. These can also be deep fried or cooked in an air fryer but are a little better for you baked.

Kids fun bit!!!

Wear an apron-
It gets messy!