



Homemade chicken nuggets and chips

Recipe by Lucy Breaden



Serves 4
(2 adults + 2 children)



Prep: 15 minutes
Cook: 30-40 minutes

INGREDIENTS

- 500g chicken breasts, cut into nugget-sized pieces
- 1 cup Sao biscuits, blitzed in food processor
- 1 cup parmesan cheese, grated (a bag of store-bought grated parmesan works best)
- 1 egg
- Dash of milk
- 1 tsp ground paprika
- Salt & pepper to season
- ½ cup butter, melted

Roast potatoes

- 4 large potatoes, cut into wedges
- 2 tbsp olive oil
- Sea salt (optional)

To serve

- Simple green salad

DIRECTIONS

1. Preheat oven to 180°C.
2. Cut potatoes into wedges and coat in olive oil. Season with a touch of salt and lay them in a single layer on a baking tray. Once the oven is hot, put the spuds in to start cooking (they will take longer to cook than the chicken).
3. Beat egg and milk together in a shallow dish.
4. In another bowl, mix together the finely crushed biscuits and grated parmesan cheese with paprika and a sprinkle of salt and pepper.
5. Dip serving-size pieces of chicken in the egg mix (I do small 'nugget' sized pieces for the kids, and larger pieces for adults), then press the chicken into the crumb mixture and place nuggets in a single layer in a shallow greased tray.
6. Spoon the remaining crumbs and half a cup of melted butter over the chicken.
7. Put the chicken in the oven with the potatoes and cook them both for another 25 minutes, or until the crumbs on the nuggets are browned.
8. While nuggets and chips are cooking, prepare your salad.
9. Remove the chicken and ensure it's cooked. If the chips need more time, turn the oven up to 200°C and bake the potatoes for another 10 minutes or until nice and crispy.
10. Serve with green salad and enjoy!



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