

Chicken Nuggets



Serves
4

Ingredients

- 2 large chicken breasts, chopped into bite-size pieces
- 80g breadcrumbs (buy ready-made or grate some bread)
- 1 small tub of natural yoghurt

Method

1. Put the breadcrumbs in a bowl.
2. Put the yoghurt in a separate bowl.
3. Dip the raw chicken pieces into the yoghurt then coat in the breadcrumbs.
4. Shallow fry in oil (try rapeseed/sunflower oil) for about 5 minutes each side, but keep an eye on them to make sure they don't start to burn!



Nutritional Information (per portion)

Energy (kcal)	182
Protein (g)	21.3
Potassium (mg/mmol)	358/9.0
Phosphorus (mg/mmol)	272/8.7
Sodium (mg/mmol)	728/31.3

Tip

Add 2 tsp of sage for added flavour

Serve these with polenta chips or chopped up into hot pasta with a knob of garlic butter.