

Let's get cooking with



Healthworks
the community health charity

Chicken nuggets

What you need:

- Chicken breast
- Egg white
- Cornflakes
- Paprika

Substitute as necessary if you have an Allergy to any of the ingredients



How to prepare:

- Cut the chicken breast into cubes of the same size.
- In a bowl whisk up the egg white.
- Crush the cornflakes into small pieces and put them in a bowl.
- Add the paprika to the crushed cornflakes.
- Dip the chicken pieces into the egg whites and then into the crushed cornflakes.
- Place on a baking tray and bake until cooked through and crispy 15-20 minutes.
- Serve.

Top tips:

- Serve with potato wedges or a salsa

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk