

Homemade Chicken Nuggets

Commercial chicken nuggets are only around 33% chicken, and this can include skin and fat. Making your own nuggets with chicken breast ensures you and your family are getting maximum nutritional value as well as maximum taste. It's very easy too!

500g chicken breast fillet, skin removed

2 eggs

$\frac{3}{4}$ cup milk

3 cups wholemeal toasted breadcrumbs

$\frac{1}{4}$ cup finely grated Parmesan cheese

2 tsps Italian herbs

1 tsp salt

pepper to taste

Chop chicken into nugget sized pieces.

Mix eggs and milk together in a wide bowl or soup plate

Place breadcrumbs, parmesan, herbs and seasonings together in another wide bowl or soup plate; mix well

Health Benefits:

- Using lean chicken breast means these are much lower in fat than commercial nuggets
- More fibre through using wholemeal breadcrumbs

	Homemade nuggets /100g	Commercial Nuggets / 100g
Kilojoules	643	1067
Fat (g)	4	14
Fibre (g)	3	1
Sodium (mg)	266	590
Iron (mg)	9.4	1.5