

Seeded Chicken Nuggets

Serves: 8
Prep: 30 min
Cook: 8 min



Dietary: VEG, NF, GF
Allergens: Eggs
Age group: 8 months+

Seeded Chicken Nuggets

Ingredients

- 1/3 cup (46g) arrowroot
- 2 eggs
- 1 cup (150g) rice breadcrumbs
- ½ cup (60g) ground mixed seeds (flaxseeds, pepitas, sunflower seeds, chia seeds)
- 600g chicken breast, sliced into 3-4cm cubes
- Pepper, to taste
- Extra virgin olive oil, for frying
- Lemon wedges, to serve with

Serving suggestion: Serve with lemon wedges, mashed or roasted potatoes, and mixed steamed vegetables or salad.

Storing Leftovers: Store in an airtight container in the fridge for 3-4 days or freeze for up to 4 months.

Method

1. Prepare 3 shallow medium-sized bowls.
2. Add the arrowroot to the first bowl.
3. Add eggs to the second bowl. Whisk eggs.
4. In the third bowl, place the ground mixed seeds and breadcrumbs and mix to combine.
5. Season chicken pieces with pepper then dip each piece into the arrowroot, then into the eggs and finally into the crumb mix. Press down firmly to ensure that the chicken pieces are coated with the crumbs.
6. Heat olive oil in a large frying pan over medium heat. Place the crumbed chicken pieces in a single layer in the pan and fry for approximately 3-4 mins on each side. Alternatively, drizzle crumbed pieces with a little extra virgin olive oil and bake them in the oven at 180°C for 25-30 mins. Allow to cool slightly on some paper towel before serving.
7. Enjoy!

Tips

- ✓ **Allergies:** For an egg-free version: Dip the nuggets into milk instead of eggs before crumbing them.
- ✓ **For a vegetarian version:** Swap chicken for tofu.
- ✓ **Easy Ingredient Swaps:** Swap chicken for turkey or tofu. Swap seeds for seeds of choice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.