

The simplest way

to make Healthy Chicken Nuggets + Chips

A healthy treat for even the fussiest eater!

Ingredients

- ½ kilo chicken breast
- breadcrumbs
- 1 egg, lightly beat
- ½ kg pumpkin
- ½ kg potato
- 1 Tbs olive oil



Method

1. Peel + chop pumpkin and potato into wedges.
2. Coat the wedges in olive oil, place onto tray and bake at 180 degrees for 60 mins. [Hint: to cook quicker place wedges in microwave for a few minutes before coating them in oil].
3. Cut the chicken into bite size pieces
4. Dip the chicken pieces into the egg, then coat with breadcrumbs.
5. Place chicken nuggets onto tray and bake in the oven for 20 minutes at 180 degrees.
Serve with garden salad and wedges - delish!

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