

# REAL CHICKEN NUGGETS

by Ruth Gray



Very easy and very quick.  
Serves 4

225g bread, slightly stale is best  
(for a crunchier coating replace 75g of bread with cornflakes)  
1/2 tsp of garlic powder  
1/2 tsp paprika  
1 egg  
75ml milk  
450g chicken

Preheat oven to 220 Degrees C (425F, Gas 7, Fan 200)  
Lightly oil a large baking tray  
Cut the chicken into small squares or strips  
Toast bread  
Reduce to breadcrumbs in a blender  
Add garlic powder and paprika and wizz again to mix  
Place breadcrumb mix in a plastic bag  
Lightly beat the egg in a bowl, stir in the milk and mix  
Add chicken pieces and stir to coat  
Place the chicken pieces in the bag and toss to coat in the breadcrumb mix until evenly coated  
Arrange chicken pieces on the tray  
Bake for 10 mins until the chicken is browned and cooked through

