

Parmesan Chicken Nuggets



Ingredients

50g breadcrumbs

Teaspoon mixed herbs

Tablespoon grated parmesan cheese

2 chicken breasts (or 200g of Quorn pieces)

Tablespoon plain flour

1 egg, beaten

Method

1. Preheat the oven to 200°C
2. Mix the breadcrumbs, herbs and parmesan together in a small bowl
3. Pour the flour onto a small plate
4. Beat the egg in a measuring jug
5. Cut the chicken into 'nugget' size pieces
6. Dust the chicken in the flour
7. Dip into the beaten egg
8. Roll into the breadcrumb mixture, ensuring the chicken is thoroughly covered
9. Repeat steps 7 – 10 for all the chicken pieces
10. Bake in the oven for 20 minutes until golden brown