

Chicken Nuggets



Serves	6
Prep time	30 minutes
Cook time	25 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish , Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot
Occasion	Birthday Party , Casual Party

Ingredients

- 500g skinless chicken fillets
- 1 stick celery (roughly chopped)
- 2 spring onions (roughly chopped)
- 1 egg
- Salt
- 1/2 cup home made bread crumbs (Refer to Basics Page)
- 3/4 cups home made bread crumbs (for coating)
- 1 heaped teaspoon minced garlic

Optional

- 1 Medium carrot (roughly chopped)

Directions

1. Preheat the oven to 180°C. Line two trays with baking paper.
2. Place the carrot, celery and spring onions in a food processor and whiz until finely chopped. Transfer to a large bowl.
3. Place the chicken in the food processor and mince. Transfer to the bowl with the vegetables.
4. Add a pinch of salt, the egg, garlic and 1/2 cup bread crumbs to the chicken and vegetables and mix well.
5. Take a heaped teaspoon of the chicken mixture and roll it into a ball, or press into a greased biscuit cutter to make shapes. Roll in the remaining bread crumbs and place on the prepared trays. Makes about 40 nuggets.
6. Bake in the oven for 25 minutes.
7. Serve immediately.
8. The chicken nuggets can be stored in the freezer either raw or cooked. If freezing them raw; they can be cooked without thawing, just allow an extra 5 to 10 minutes in the oven.



Note

Low Chemical / Failsafe, Moderate Salicylates if using carrot

Variations:

1. Use rice crumbs instead of breadcrumbs for a gluten-free version.
2. Leave out the carrot for a low chemical version and replace with any other allowed vegetables.

Refer to the [Basics Page for home made bread crumbs](#).