

Chicken nuggets

Makes 20

Ingredients

- 500g lean chicken mince
- ½ carrot
- ½ zucchini
- ½ onion
- 2 cloves garlic
- ½ cup wholemeal breadcrumbs – plus extra for rolling
- 1 teaspoon mixed herbs

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Grate carrot and zucchini and squeeze out excess moisture.
3. Finely dice onion. Mince garlic.
4. Mix together mince, chopped onion, breadcrumbs, carrot, zucchini, garlic and mixed herbs in a mixing bowl.
5. Using clean hands roll the mixture into small balls.
6. Add leftover breadcrumbs to a clean bowl. Lightly roll the chicken balls in the breadcrumbs.
7. Place the chicken nuggets evenly apart on the baking tray and lightly flatten with a spatula to create a nugget shape. Lightly spray with oil.
8. Bake for 25 minutes or until fully cooked through, turning the nuggets over once at half way.



NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 50g (1 nugget)		
	Per serve	Per 100g
Kilojoules (kJ)	384	779
Protein (g)	8.7	17.6
Total fat (g)	3.8	7.8
- Saturated fat (g)	1.0	2.1
Carbohydrates (g)	5.3	10.7
- Sugars (g)	0.8	1.7
Fibre (g)	0.7	1.5
Sodium (mg)	102	207

Optional: to create a delicious dipping sauce, combine ⅓ cup reduced fat natural yoghurt with 2 tablespoons of sweet chilli sauce

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines