Homemade chicken nuggets



Consejo del chef

Serve the nuggets with the sauce, and garnish with chopped coriander.

Raciones para 2

- ❏ **1** Large potato
- ❏ **1** Chicken breast
- ❏ **½** Scallion or red onion
- ❏ **1** Egg
- ❏ **1 Tablespoon** Cornflour
- ❏ Salt
- ❏ Pepper
- ❏ Extra virgin olive oil
- ❏ Coriander to garnish
- ❏ **½** Clove of garlic
- ❏ **1 Tablespoon** Grated parmesan cheese
- ❏ **100 gr** Mayonnaise
- ❏ **2 Tablespoons** Barbacue sauce
- ❏ **2 Tablespoons** Honey
- ❏ **1 Tablespoon** Wholegrain mustard

1. Peel, cut the potato into portions, and place it in a bowl suitable for the microwave. Cover with cling film, poke the top, and cook at highest power for 5 minutes. Remove from the microwave and take off the cling film carefully to prevent burns.
2. Cut the breast and the onion into chunks and place both into a food processor together with the baked potato. Add the egg, cornflour, salt, and pepper, and grind until evenly ground.
3. Shape into nuggets and place them on the AirFry oven perforated tray, previously lined with parchment paper.
4. Brush with oil or use a spray and bake in AirFry mode at 180 °C, for 20-25 minutes, or until golden brown. If they brown too much on one of the sides, flip them halfway through the cooking time for an even result.
5. Meanwhile, prepare the sauce by peeling and grating the garlic in a bowl. Mix with the rest of the ingredients until well-combined.

Chef's Notes

https://cookinglovers.teka.com/en/receta/nuggets-de-pollo-caseros/