

Homemade chicken nuggets

COOKING
LOVERS TEKA



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** Barbecue 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/>

