



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/es/receta/nuggets-de-pollo-caseros/>

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