



# LOVES FOOD

## CHICKEN NUGGETS

### INGREDIENTS:

Cooking oil for frying	Half teaspoon black pepper
1 cup household flour	2 teaspoons paprika
2 teaspoons salt	1 teaspoon dried parsley
1 kg chicken fillet cut into strips or medium cubes	2 beaten eggs
1 cup bread crumbs (plain and unseasoned)	

### METHOD:

1. Wash, cut and drain your chicken fillet. Set aside.
2. Mix a teaspoon of salt into your flour
3. Mix your bread crumbs with the rest of the dry ingredients
4. On a dinner plate, let your flour take up half of the plate and let some of your breadcrumb mixture take up the other half of the plate.
5. On another dinner plate, pour your beaten eggs.
6. Create an assembly line with the plate with flour and crumbs, the plate with egg mixture and a clean and dry tray.
7. Coat each chicken strip or cube, one at a time as follows:
  - Coat each strip or cube in the flour
  - Next, coat it in the egg mixture
  - Lastly, coat it in the breadcrumb mixture
8. Gently heat your cooking oil in a pan. The oil should not get too hot or else the chicken will not cook properly inside.
9. Fry your nuggets in the oil being careful not to overload your pan and turning the nuggets so they can brown evenly.
10. Place the nicely browned nuggets on a plate lined with a paper towel
11. Continue the process until all your nuggets are coated and cooked.

### SERVING SUGGESTION

These nuggets go perfectly with fried rice or a pasta salad. Add a green salad or some additional greens and you have a good-looking balanced meal.

Enjoy!

With love,  
From Famous Warrior's kitchen