

## CHICKEN NUGGETS AND TASTY VEGETARIAN CELERIAC VERSION

Oven Temp. 200°C fan oven, bake for 12-15 min.

### Ingredients

350g Chicken Breast filets (for the vegetarian version you will need 1 Celeriac ca. 350g cut into slices about 1.5-2cm thick)

1-2 Dessert spoons of Paprika

1/2 Teaspoon White Ground Pepper

1/4 Teaspoon Salt

Ca. 250g Breadcrumbs (just use leftover bread and put into food processor to make breadcrumbs.)

1 Dessert spoon of Kates Homemade Mexican Spice Mix (if you are making this for kids then just use max. 1/2 Dessert spoon)

If you want to make the Mexican Spice Mix using my recipe, check out my video on it:



Zest from 1 Organic Lemon

Optional: 3-4 Dessert Spoons of fresh Parsley (finely chopped)

These 2 Ingredients are only needed for the Chicken version:

2 Organic Eggs roughly beaten

4-5 Dessert Spoons Milk or Single

N.B! For the vegetarian version you will need 200g of Sour Cream instead of the eggs and cream.

Olive oil to ooze over the chicken coated in breadcrumbs.

Freezer bag to coat the nuggets or a large bowl.

## Preparation

- 1) Put the leftover bread into a food processor and turn them into breadcrumbs. Pout into a large bowl. Add Kates Homemade Mexican Spice Mix, lemon zest and the chopped parsley. Mix well. If you want to save time you can do this the day before.
- 2) Turn the fan oven on to 200°C.
- 3) Chop the chicken breast roughly into ca. 4-5cm sized pieces.
- 4) In a separate bowl mix the paprika, salt and white ground pepper. Coat the chicken thoroughly in this mix.
- 5) In another small bowl roughly whisk the eggs together with the milk or cream.
- 6) First coat the chicken in the egg-cream mix and then coat in breadcrumbs making sure each nugget is fully coated. If you are making this with kids you can put the breadcrumbs into a freezer bag and let them coat the nuggets by shaking the bag, as on my youtube video.
- 7) If you are making the vegetarian version you need to coat the celeriac in sour cream and then coat in the breadcrumbs.
- 8) Line a baking tray with baking paper und put the breadcrumb coated nuggets onto it. It should all fit onto 1 baking tray!
- 9) Splash the nuggets generously with olive oil, turn them over carefully and dribble some more oil onto the other side. Bake in the oven for 12-15 minutes until crispy.

Enjoy with ketchup and a salad.

# KÜCHENSCHMIDE

