Gluten-Free Chicken Nuggets

4 Serves

45 mins Prep

10 mins Cooking

★ Level

Ingredients

- 4 skinless chicken breasts
- 250ml coconut milk/cream
- 100g ground almond
- Onion powder or any favourable flavouring

Swappable Ingredients

Use a firm white fish, such as cod or haddock, to make gluten-free fish nuggets.

Vitamins

- Vitamin B12
- Vitamin C
- Vitamin E

Recipe

1. Using a knife and plastic chopping board, cut the chicken into bite-size pieces.

2. In a large mixing bowl, combine the coconut milk/cream with the onion powder. Make sure it's all mixed properly.

3. Add the chicken to the bowl and stir well. Leave the chicken to soak in the milk/cream for at least 30 minutes in the fridge. Make sure to cover the bowl with clingfilm!

4. Take the bowl out of the fridge and drain away any excess milk/cream, if there is any.

5. Preheat the oven to 200°C.

6. Cover a baking tray in parchment paper.

7. Add the ground almonds to a bowl and roll the chicken in the almonds until fully covered.

8. Place the chicken pieces onto the baking tray. Put in the oven and cook for 10 minutes.

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	kcal	fat	sat fats	carbs	sugars	fibre	protein
Nutrition Value per Serving	380	29.4g	15.2g	10.7g	3.2g	4.5g	22.8g

Fun Facts

- Chicken contains vitamin B12 which helps improve brain function.

- Chicken is a great source of protein. This helps us build strong bones, as well as build muscle.

- Coconut milk is high in vitamin C, which is great for helping to protect cells and keep them healthy, as well as maintaining healthy skin, blood vessels, bones, cartilage and helping with wound healing.

- Coconut milk and almonds both contain vitamin E. This helps to maintain healthy skin and eyes. It also strengthens the body's immune system.

- Almonds are also a great source of fibre and protein. Fibre makes us feel more full and helps with digestion.