



HOMEMADE NUGGETS



# HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4  
Prep: 25 mins  
Cook: 20 mins



Nutrition per  
serving:  
224 kcal  
6g Fats  
10g Carbs  
33g Protein



GF

LC

HP



## WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup Parmesan, grated
- 1 tbsp. dried herbs, of choice

## WHAT YOU NEED TO DO

*Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.*

*Increase the oven temperature to 390°F (200°C).*

*Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.*

*Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.*

