

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.

