



## **Chicken nuggets**

**(Serves 2)**

### **Ingredients**

1 cup plain flour

1 tablespoon seasoned salt

Salt and freshly ground black pepper

2 large eggs

2 cup seasoned crushed cornflakes or breadcrumbs

2 chicken breasts, cut into small same size pieces

Ketchup, for serving

### **Method**

In a plastic bag, mix the flour, seasoned salt and some salt and pepper.

In a bowl, mix the eggs. In a separate bowl, add the cornflakes.

Shake the chicken pieces in the bag to coat. In batches, dip them in the egg wash, then in the cornflakes.

Heat oven to 200 degrees C, place nuggets on a tray covered with greaseproof paper, bake for 20 mins, turning once. Check to see if chicken is cooked, if not continue to cook for 10 more mins.