

Chicken Nuggets



Ingredients

- 1 small onion
- 1 clove garlic
- 1 medium carrot
- 1 small zucchini
- 500g chicken mince
- 1 teaspoon dried mixed herbs
- ½ cup breadcrumbs plus ½ cup extra for rolling
- 2 tablespoons olive oil

Makes 20



1 CHOP

Finely chop onion and crush the garlic.



2 GRATE

Finely grate the carrot and zucchini. Squeeze out excess moisture.



3 MIX

Place prepared vegetables into a large bowl with chicken mince, breadcrumbs and herbs. Mix together until well combined.



4 ADD

Using clean hands, roll the chicken mixture into small balls.



5 MIX

Add remaining breadcrumbs to a separate bowl and coat each of the chicken balls with breadcrumbs.



6 CHOP

Heat oil in a fry pan on medium to high heat. Place chicken balls onto the pan and flatten with a spatula. Cook evenly on both sides until browned.