



FOR the
Little ONES



Chicken Nuggets

Golden chicken nuggets served with roasted potato discs, veggie sticks and a herby ranch dipping sauce.

35 Minutes

2 Servings

Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	31g	58g

FROM YOUR BOX

MEDIUM POTATOES	3
YELLOW CAPSICUM	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
AIOLI	100g
RANCH SPICE MIX	1 packet
CHICKEN MINCE	300g
PANKO CRUMBS	40g

FROM YOUR PANTRY

oil/butter for cooking, salt

COOKING TOOLS

oven tray, large frypan

You can cook the nuggets in an air-fryer if you prefer!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - panko crumbs are replaced with almond meal.

Ranch spice mix: onion powder, ground garlic powder, dried dill, dried thyme, dried parsley.



1. Roast the Potatoes

Set oven to 220°C.

Cut **potatoes** into rounds (about 0.5cm thick). Toss with **oil** and **salt** on a lined tray. Roast for 25 minutes or until golden and cooked through.

tip Make wedges or chips instead, if you prefer!



4. Make the Nuggets

Combine **chicken** with **1/2-1 tbsp ranch spice mix** and season with **salt**.

Spread **panko crumbs** onto a plate. Place spoonfuls of **chicken mixture** into **crumbs**. Turn over to coat.

tip Make the nuggets any size you like!



2. Prepare the Veggies

Cut **capsicum** and **cucumber** into sticks. Halve **cherry tomatoes** and arrange on a serving plate or bowl.



5. Cook the Nuggets

Heat a frypan with **oil/butter** over medium heat. Add **nuggets** and cook for 3-5 minutes on each side or until golden and cooked through.

tip We used a combination of oil and butter for cooking. Ensure it covers the whole base of the frypan.



3. Make the Dipping Sauce

Combine **aioli** with **1 tbsp ranch spice mix**. Set aside in the fridge for serving.

tip Mix the aioli with any flavour of choice, like tarragon, smoked paprika, lemon zest or sweet chilli sauce. Alternatively, leave it plain.



6. Finish and Serve

Serve **chicken nuggets** with **roasted potato rounds**, **crunchy veggies** and **dipping sauce**.