



Chicken Nuggets

Introduction:

Baked chicken nuggets are a delicious dish, perfect for a different dinner, also excellent for the little ones.

Excellent alone or accompanied by your favorite sauces, I love yogurt sauce!

Do you want to prepare something tasty, light and easy?

Then you just have to assemble these ingredients.

Good preparation!

Ingredients for 2 people:

400 g of Chicken breast

2 Fresh Eggs

Q.b. Rice Flakes S.G.

(you can also use oat flakes or quinoa)

Yogurt sauce:

170 g of Zero fat Greek yogurt

Q.b. Dehydrated garlic

Q.b. of Himalaya salt

Q.b. Pepper

Qb. Dried dill

Method:

Cut the chicken breast into cubes, removing any nerves.

Break the eggs into a plate and beat with a fork.

In another dish, pour the rice flakes.

Pass the chicken cubes in the egg and then in the rice flakes.

Arrange the chicken nuggets on a baking sheet lined with backing paper.

Bake at 180 degrees (preheated oven) for about 20 minutes, turning the chicken nugges halfway through cooking.

After the time has elapsed, take the nugges out of the oven

and serve them with the yogurt sauce.