HOMEMADE CHICKEN NUGGETS

Prep: 5 min	Cook: 30 min	Serves: 4

INGREDIENTS:

- 1 lb chicken breast
- 1 egg
- 3 slices of bread
- ¼ cup all-purpose flour
- 2 tbsp cooking oil
- Salt & pepper

OPTIONAL Add-Ins:
Garlic powder
Paprika

PREPARATION:

Make your breadcrumbs:
Toast bread until dry and golden. Let cool, then crumble into small pieces using your hands, a rolling pin, or a blender.

Prepare the chicken:
Cut chicken breasts into bite-sized pieces, about 1–1½ inches each. Pat dry with paper towels.

Set up your breading station:
Prepare three bowls:

- Bowl 1: Flour mixed with seasonings
- Bowl 2: Beaten egg
- Bowl 3: Homemade breadcrumbs

Coat the chicken:
Dip each chicken piece into flour, then egg, then breadcrumbs. Press lightly so the breadcrumbs stick.

Cook until golden:
Heat oil in a large skillet over medium heat. Cook nuggets for approximately 4–5 minutes per side, adjusting for thickness, until golden brown and the center reaches 165°F.

Other Cooking Option:
Oven: Bake at 425 degrees for 15-20 minutes on a lightly greased baking sheet, flip halfway through, and check for 165 degrees internally.

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