

Chicken Nuggets

The best gluten free chicken nuggets!

Gluten free/ Dairy free/ Grain free/ Sugar free



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Lunch, Snack



SERVINGS

30 Nuggets

INGREDIENTS

- 4 Chicken breasts Cut into chunks
- 1 Cup Tapioca or arrowroot flour or coconut flour
- 1 Cup Cassava flour or sunflower seeds ground or desiccated coconut
- 3 Eggs whisked or use 1 cup of dairy-free milk
- 1 tbsp Dried garlic powder
- 1 tsp Onion powder
- 1 tsp Cumin powder
- 1/2 tsp Dried thyme
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 200/400/gas mark 6
2. Slice chicken breast or cut into chunks
3. Place the spices and cassava flour in one bowl
4. Tapioca flour and salt and pepper in another bowl
5. Whisk the eggs in another bowl or pour in 1 cup of dairy-free milk
6. Take the chicken pieces and with one hand dip them into the tapioca flour
7. Then with another hand dip into the egg
8. Then with the same floury tapioca hand dip into the cassava mixture
9. Place these onto a parchment-lined baking sheet, with a little avocado oil drizzled over and bake for around 20 minutes turning once

