

# Parmesan Chicken Nuggets

## Ingredients:

- 50g Breadcrumbs
- 1 x 5ml spoon mixed herbs
- 1 x 15 ml spoon parmesan, grated
- 1 - 2 chicken breast
- 1 x 15ml spoon plain flour
- 1 egg beaten

## Equipment:

- Baking tray
- Grater
- Small bowl
- Fork
- Knife
- Chopping board

## Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Mix the breadcrumbs, herbs and parmesan together in a small bowl.
3. Pour the flour on a small plate.
4. Beat the egg in a small bowl.
5. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks).
6. Dust the chicken in the flour.
7. Dip in the beaten egg.
8. Roll in the breadcrumb mixture.
9. Place on the baking tray.
10. Repeat steps 7-10 for all the chicken pieces.
11. Bake in the oven to 20minutes, until golden brown.

