

Chicken Nuggets



If anybody has delicious Chicken Nuggets, then it is KFC , but they are not the only one any more. I have been preparing my Chicken Nuggets at home for a long time and they are really fantastic. What I like best is that I bake them in the oven instead of frying them in deep oil.

INGREDIENTS :

1 kg of chicken meat (fillet)

300 g of mayonnaise

300 g of set yoghurt

1 $\frac{1}{2}$ tea spoon of salt

$\frac{1}{2}$ g of pepper

1 tea spoon of red bell-pepper (spice)

Corn flakes (for frying)

Oil (for coating)

Chilli spice (not obligatory)

PREPARATION :

1 . Slice the meat ca. 2 cm thick, then cut it in strips ca. 3 cm long, and finally dice the strips at the size of ca. 3×3 cm...

2 . Put the meat into a bowl, and add yoghurt, mayonnaise, salt, pepper and red bell-pepper...

3 . Stir everything well and put it into the fridge over night...

4 . chop up the cornflakes (there should be tiny pieces) , if you want to, you can add chilli now and stir everything well ...

5 . Cover the large tin with parchment paper, roll each piece of meat in cornflakes (press them a bit, so that they can stick to the meat better) ...

6 . Put the prepared Chicken Nuggets in the preheated oven at 200 degrees for 10 minutes, then take them out of the oven, coat them lightly with oil on all sides, and finally put them back in the oven for another 10 minutes...

NOTES AND ADVICE :

To make Chicken Nuggets moist, it is obligatory to leave them in the mixture of yoghurt and mayonnaise over night.

It is obligatory to coat them with oil or melted butter to make cornflakes stick to the meat better.

The example stated for the cube size is not obligatory, but in any case meat should have equal size, so it can be baked equally.

Instead of cubes, you can cut strips and prepare them the same way as Chicken Nuggets .

Be careful not to overcook them, as meat might get dry and it will not be moist any more.



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