

Chicken Nuggets with dipping Sauce



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

__ 2 lb of Boneless Skinless Chicken Breast,
cut into pieces

__ 1 Egg

__ 1/2 cup of Milk

__ Salt and Pepper to taste

__ 1-1/4 cups of Flour

__ 1 tsp of Onion Powder

__ 1 tsp of Garlic Powder

__ 1 tsp of Paprika

__ Light Olive Oil for shallow frying

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For the dipping sauce:

__ 1/2 cup of Mayo

__ 1/4 cup of BBQ Sauce

__ 2 Tbsp of Yellow Mustard

__ 2 Tbsp of Honey

__ Dash of Apple Cider Vinegar

__ Salt to taste

1) In a shallow bowl, whisk together the egg and milk with some salt and pepper, add the chicken, coat well and leave it for a sec.

2) In a large bowl with a lid (or do this in a resealable bag), add the flour, all the spices and salt and pepper, mix to combine then add the chicken pieces (shake off any excess egg mixture) place a lid on and shake really well for about a minute.

3) Remove the chicken pieces from the flour, place them on a baking sheet lined with parchment and allow them to sit for 15 minutes, meanwhile, add some light olive oil or vegetable oil to a large cast iron skillet and preheat.

4) While the chicken is resting, mix together the dipping sauce and pop it in the fridge for 10 minutes.

5) In batches, cook the chicken nuggets till they are golden brown and crispy, sprinkle them with a touch of salt when they come out, then serve with the dipping sauce and enjoy!

