

HEALTHY CHICKEN NUGGETS

Ingredients (Serves 4)

2 large chicken breasts
2 tbsp olive oil
1 tbsp thyme leaves, finely chopped
1 tspn dried oregano
1/2 tspn paprika
2 tbsp parmesan cheese
50g panko breadcrumbs
125g wholemeal breadcrumbs
Olive oil spray
Salt and freshly ground pepper
900g Maris Piper Potatoes

Method

1. Preheat the oven to 220C
2. Bring a large pan of water to the boil. Season with a little salt. Peel the Maris Piper potatoes and cut into 1cm thick chips. Place in the boiling water and parboil for 4-5 minutes. Drain into a colander and shake the colander well to ruffle up the edges of the chips but be careful not to break them.
3. Place onto a tea towel to dry the chips well. Spray a non-stick oven tray with olive oil. Place the chips onto the tray in a single layer and spray a few more times with the olive oil. Season with salt and pepper and place in the oven for 30 minutes making sure to turn the chips once.
4. Cut the chicken breasts into 2cm chunks. Place into a bowl along with the olive oil, season well and stir to coat each piece in oil. Mix together the breadcrumbs, panko, herbs, paprika, parmesan and seasoning in a separate bowl.
5. Spray another non-stick oven tray with some olive oil. Take each piece of chicken out and coat in the breadcrumbs mixture well. Place onto oiled tray. Place into the oven for the last 5-8 minutes of cooking with the chips.
6. Remove from oven and divide between 4 plates. Serve with ketchup and steamed green vegetables