

CHICKEN NUGGETS WITH BBQ SAUCE

Not all nuggets are made equal. Many are high in sugar, fat and preservatives. They're also deep-fried in hydrogenated oil, adding extra fat. All the same, there's nothing better than snacking on crispy, juicy chicken nuggets, dipped in your favourite sauce. So rather than abandoning them altogether, make your own. These are baked, not fried, and they're all chicken, without added ingredients or fillers. The tangy, sweet and sour BBQ sauce will become a firm family favourite.

8 boneless, skinless chicken thighs	Sliced pickled red onion and salad greens to garnish (optional)	2 Tbsp tomato paste
2½ cups panko breadcrumbs		2 Tbsp apple cider vinegar
1 tsp minced garlic		2 tsp smoked paprika
2 tsp allspice	BBQ SAUCE	Pinch of chilli powder (or more if you like it spicy)
1 tsp ground ginger	2 tsp olive oil	½ tsp cayenne pepper
¼ tsp cayenne pepper	1 large onion, chopped	2 tsp low-sodium soy sauce
Salt and pepper to taste	2 cloves garlic, minced	Salt and pepper to taste
1 Tbsp water	¾ cup water	
1 egg	½ cup low-sugar tomato sauce	

1. Preheat the oven to 200°C. Lightly grease a baking tray.
2. Cut the chicken into bite-sized nuggets and set aside.
3. In a dry pan, toast the panko breadcrumbs until golden-brown in colour, then transfer to a flattish bowl. Add the garlic and spices, season with salt and pepper, and mix until well combined.
4. In a separate flattish bowl, whisk together the water and egg. Dip the chicken nuggets into the egg mixture, ensuring they're completely coated. Then place the nuggets in the breadcrumb mixture, tossing to ensure they're well coated.
5. Arrange the nuggets on the baking tray and bake for 15–20 minutes, until the chicken is cooked through.
6. To make the sauce, add the olive oil to a pan and sauté the onion until golden. Add the minced garlic, stir through and sauté for about 30 seconds. Pour half the water into the pan and stir through, deglazing the pan. Add the remaining ingredients and stir until combined. Bring to a simmer and continue to cook for approximately 5 minutes, until it's slightly reduced. Remove the pan from the heat and allow the sauce to cool. Using a hand blender, blitz the sauce until smooth and serve alongside the chicken nuggets.
7. If using, garnish the nuggets with slices of pickled onion and salad greens.

