

# Chicken Breast Nuggets

If you can use a knife unsupervised in the kitchen, you can make these.

2 chicken breast fillets, sliced into 1 cm (½ inch) thick strips  
½ cup (120 g) kewpie mayonnaise  
1¼ cups (75 g) panko breadcrumbs  
rice bran oil, for pan-frying

**OPTIONAL INGREDIENTS**  
sauce, maybe a lemon wedge

**IN A BOWL**, mix together the chicken and mayo.

Toss each nugget in the panko crumbs to coat and place on a lined tray until ready to cook\*.

Heat a couple of tablespoons of rice bran oil in a frying pan over medium-high heat and cook the nugs for 2–3 minutes each side until golden and cooked through. Alternatively, preheat the oven to 200°C (400°F), brush or spray with oil and bake for 10 minutes until cooked through.

Add a chopped salad and you and the kids are halfway to story time.

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\*You can freeze them like this and just pan-fry from frozen too!

**Serves 4 kids**

