



# Mexican Chicken Nuggets

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Serves 4

Spicy chicken nuggets coated in panko breadcrumbs which is a great alternative to battered chicken nuggets. This flavour some recipe can be used as a snack or as a main meal.

## Ingredients:

3 chicken breasts  
72g panko breadcrumbs  
2 tbsp light mayonnaise  
½ lime juiced and zested  
2 tsp garlic powder  
1 tsp dried oregano  
1 tsp cumin  
1 tsp smoked paprika  
1 tsp chilli flakes  
½ tsp black pepper  
Salt to taste  
Low calorie cooking spray



## Method:

1. Preheat the oven to 190°C.
2. In a mixing bowl, add garlic powder, cumin, chilli flakes, paprika, oregano, the lime juice and mayonnaise and mix well.
3. Using a sharp knife cut the chicken breast into 3-4cm pieces. Add these chicken pieces to the mayonnaise mix and coat thoroughly.
4. In a separate bowl, add breadcrumbs, lime zest, black pepper and salt to taste.
5. Spray a baking tray with the low-calorie cooking spray then dip the chicken into the breadcrumbs one at a time and place on the tray.
6. Then spray the top of the chicken with the low-calorie spray. Bake for 10-15 minutes until golden brown and turning over halfway.
7. Serve straight away.

## Helpful tips:

- If there are any leftovers, allow them to fully cool and then place in an airtight container and refrigerate for up to 3 days after making.
- These nuggets can be frozen. As soon as they are cool enough they need to be placed into a suitable container or bag for freezing. Do not forget to add a label indicating the date you placed the nuggets in the freezer.
- To make this a full meal it could be had with savoury rice and roasted veggies or possibly with homemade wedges.