

Chicken Nuggets in Umami Paste and Herby Breadcrumbs

*Serving size: 4 people

Ingredients

- 4 skinless, boneless chicken breasts
- 30g Umami Paste
- 300g breadcrumbs
- 200g grated Parmesan cheese
- Bunch Rosemary (chopped)
- Bunch Thyme (Chopped)
- Pinch Cracked Pepper
- 1 Lemon (in wedges)
- 3 Eggs
- 100g All Purpose Flour

Healthy Yoghurt Dip

- 100ml Low-Fat Yoghurt
- Half Cucumber (Diced)
- Bunch Parsley (chopped)
- Pinch Cracked Pepper

Directions

1. Preheat oven to 200°C
2. Cut chicken into cubes or Goujons (Stripes) depends on your liking; mix the chicken with Umami paste and make sure that the Umami paste is well coated over the outer layer of the chicken.
3. Mix Breadcrumbs, Rosemary, Thyme, Black Pepper and Grated Parmesan cheese together in a bowl.
4. Coat the chicken pieces in light flour then move on to the eggs in a bowl - coat them that way as well - then lastly in breadcrumbs. Make sure the chicken pieces are coated properly in breadcrumbs.
5. Then lightly grease the tray and place the chicken pieces. 20 minutes in the oven.

Yoghurt Dip

1. In a bowl, pour 100ml yoghurt, diced cucumber as well with chopped parsley and cracked black pepper. Reserve that to one side until the nuggets are cooked, then garnish with lemon wedges and parsley.