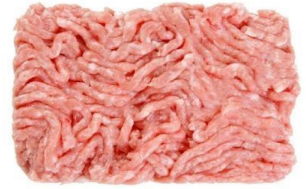


1kg chicken mince



1 zucchini

3 cups bread crumbs



$\frac{1}{4}$ cup almond milk

Eggs



$\frac{1}{2}$ teaspoon salt



Canola Oil Spray

1) Grate the zucchini and put into mixing bowl.



2) Add chicken mince and salt to mixing bowl. Mix with large spoon.



3) Get a small bowl. Crack eggs into bowl. Add milk and whisk them together.



4) Get another small bowl and place the bread crumbs in the bowl



5) Turn oven on to 180°C to pre heat 6)
Prepare baking 3 baking trays with
baking paper. Spray baking paper with
Canola Oil Spray.



7) Put on food handling gloves



- 8) Take a small spoonful on chicken and zucchini mix. Roll into a ball then flatten slightly to make a nugget shape.



- 9) Roll the chicken nugget shape in the eggs, then roll in breadcrumbs.



- 10) Place the nuggets onto the baking tray. Repeat steps 8 and 9 until all the chicken mince is rolled and on the baking tray.



11) Spray nuggets with more canola oil.
Place in the oven and bake for
20min or until the bread crumbs
turn a goldy colour.



12) Enjoy!