

1kg chicken mince



2 zucchinis

3 cups bread crumbs



1 cup parmesan cheese

2 Eggs



¼ cup Lactose free milk

½ teaspoon Kosher salt



Canola Oil Spray

1) Grate the 2 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. Add bread crumbs and parmesan cheese. Mix together with a fork.



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) Eat with your choice of sauce!