

# May

## Mandy's Real Chicken Bites

"The girls love making and eating these! We set-up a production line in the kitchen; Joely and Jessica each have a job, either dunking the chicken in the egg or rolling it in the breadcrumbs. Once Joshua is older I'm sure he will get involved too!"



Serves 4

Ready in 20 minutes

### **Ingredients**

225g (8oz) bread (preferably brown)

$\frac{1}{2}$  tsp garlic powder

$\frac{1}{4}$  tsp paprika

1 egg

125ml (4fl oz) milk

900g (2lb) diced chicken



Best for  
fussy  
eaters

## Method

Preheat the oven to 200°C/400°F/Gas mark 6

Slice the bread, then toast it. Break it up into pieces, crusts and all, and reduce to fine crumbs in a food processor

Add the garlic powder and paprika, and whiz again. Place the breadcrumbs in a deep tray

Beat the egg in a large bowl with the milk, and add the chicken pieces (in batches if necessary).

Transfer the chicken pieces into the breadcrumb tray and toss to coat evenly

Arrange the chicken on a lightly greased baking sheet, and bake in the preheated oven for 10 minutes until browned and crisp, and cooked through

### Be creative!

If you have a fussy eater, be creative with the meals you prepare. Cooking healthier versions of their favourite foods is a good start. Many processed kid's favourites are dangerously high in fat, salt, sugar and additives. By cooking them yourself, you know exactly what is going into your child's growing body. This recipe does not take much time, is fun to prepare, and they taste delicious! Our child (and adult) tasters gave this recipe a thumbs up!