

Chicken nuggets with the thermomix

Chicken nuggets with the thermomix

| | | | |
|---------------------------|------------------------------|---------------------------------|-------------------------|
| 5 min | 5 min 6 min | 5 min 6 min 11 min | 5 min 6 min 11 min 2/10 |
| 5 min 6 min 11 min 2/10 6 | 5 min 6 min 11 min 2/10 6 13 | 5 min 6 min 11 min 2/10 6 13 20 | |

5 min 6 min 11 min 2/10 6 13 20

100g of flour

100g of stale bread

15g of oil

4 chicken breasts

2 eggs

2 tablespoons of milk

100g of flour
100g of stale bread
15g of oil
4 chicken breasts
2 eggs
2 tablespoons of milk
</p></div>
<div data-bbox="70 460 97 475" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 477 572 493" data-label="Text"><p>Cut the chicken breasts into 3 pieces and place them in the Thermomix bowl.</p></div>
<div data-bbox="70 494 97 509" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 511 391 526" data-label="Text"><p>Add the flour and blend for 40 seconds at speed 7.</p></div>
<div data-bbox="70 527 97 543" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 545 340 560" data-label="Text"><p>Shape small balls with the chicken breasts.</p></div>
<div data-bbox="70 561 97 576" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 578 118 593" data-label="Text"><p>Set aside.</p></div>
<div data-bbox="48 595 284 609" data-label="Text"><p>For the Thermomix breadcrumbs :</p></div>
<div data-bbox="70 611 97 626" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 628 323 643" data-label="Text"><p>Place the bread in the Thermomix bowl.</p></div>
<div data-bbox="70 645 97 660" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 662 244 678" data-label="Text"><p>Set for 5 seconds at speed 5.</p></div>
<div data-bbox="70 679 97 694" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 696 240 711" data-label="Text"><p>Set aside in a shallow plate.</p></div>
<div data-bbox="48 713 307 728" data-label="Text"><p>For the Thermomix chicken nuggets :</p></div>
<div data-bbox="70 729 97 745" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 746 380 762" data-label="Text"><p>Place the eggs and milk in the Thermomix bowl.</p></div>
<div data-bbox="70 763 97 778" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 779 253 795" data-label="Text"><p>Set for 10 seconds at speed 3.</p></div>
<div data-bbox="70 796 97 811" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 812 564 829" data-label="Text"><p>Roll the nuggets once in the egg and milk mixture, then in the breadcrumbs.</p></div>
<div data-bbox="70 829 97 845" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 846 319 863" data-label="Text"><p>Repeat the previous step a second time.</p></div>
<div data-bbox="70 863 97 878" data-label="Text"><p>Â»</p></div>
<div data-bbox="48 879 372 896" data-label="Text"><p>Flatten the nuggets with the palm of your hand.</p></div>
<div data-bbox="70 896 97 911" data-label="Text"><p>Â»</p></div>
<div data-bbox="409 942 587 967" data-label="Page-Footer"><p>copyright omothermix - 2024
http://www.omothermix.com</p></div>
<div data-bbox="459 969 520 984" data-label="Page-Footer"><p>Page 1/2</p></div>

Chicken nuggets with the thermomix

Heat oil in a pan over medium heat and brown the nuggets for a few minutes on each side.
Enjoy your meal. Yummy ;)