

Chicken nuggets with the thermomix

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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

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Cut the chicken breasts into 3 pieces and place them in the Thermomix bowl.

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Add the flour and blend for 40 seconds at speed 7.

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Shape small balls with the chicken breasts.

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Set aside.

For the Thermomix breadcrumbs :

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Place the bread in the Thermomix bowl.

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Set for 5 seconds at speed 5.

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Set aside in a shallow plate.

For the Thermomix chicken nuggets :

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Place the eggs and milk in the Thermomix bowl.

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Set for 10 seconds at speed 3.

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Roll the nuggets once in the egg and milk mixture, then in the breadcrumbs.

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Repeat the previous step a second time.

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Flatten the nuggets with the palm of your hand.

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