

Chicken Nugget Salad

Description

Crispy homemade chicken nuggets served over a fresh salad with lettuce, cucumber, tomatoes, sweetcorn and red onion. A creamy honey mustard dressing brings the warm chicken and crisp vegetables together.

Ingredients

500 Gramm chicken breast fillet
60 Gramm plain wheat flour
2 Stück medium eggs
150 Gramm panko or breadcrumbs
1 Teelöffel sweet paprika powder
0.5 Teelöffel garlic powder
2 Esslöffel vegetable oil
200 Gramm mixed salad leaves
1 Stück cucumber
250 Gramm cherry tomatoes
150 Gramm canned sweetcorn, drained
1 Stück small red onion
1 Stück avocado, optional
150 Gramm plain yogurt
2 Esslöffel mayonnaise
2 Teelöffel medium-hot mustard
2 Teelöffel honey
2 Esslöffel lemon juice
1 Esslöffel olive oil for the dressing
1 Prise salt
1 Prise black pepper

Method

1. Measure all ingredients and line a baking tray with baking paper.
2. Preheat the oven to 200°C conventional heat or 180°C fan-assisted.
3. Pat the chicken breast fillet dry with paper towels.
4. Carefully remove any tendons and excess fat from the chicken.
5. Cut the chicken into evenly sized, bite-sized pieces.
6. Season the chicken pieces with salt, black pepper, paprika and garlic powder.
7. Place the flour on a shallow plate.
8. Crack the eggs into a second deep plate and beat them thoroughly with a fork.
9. Spread the panko or breadcrumbs over a third plate.
10. Coat the seasoned chicken pieces completely in the flour.
11. Gently shake off any excess flour.
12. Dip the floured chicken pieces into the beaten egg.
13. Then coat the pieces in panko and press the breading on lightly.
14. Arrange the breaded nuggets on the prepared baking tray, leaving a little space between them.
15. Lightly drizzle or brush the nuggets with vegetable oil.
16. Bake the nuggets in the preheated oven for approximately 18 to 20 minutes.

17. Carefully turn the nuggets halfway through the baking time.
18. While the nuggets bake, wash the salad leaves thoroughly and spin them dry.
19. Tear any large salad leaves into bite-sized pieces.
20. Wash the cucumber and cut it into thin slices or half-moons.
21. Wash the cherry tomatoes and halve or quarter them depending on their size.
22. Place the sweetcorn in a sieve, rinse it and allow it to drain well.
23. Peel the red onion, cut it in half and slice it into very fine rings.
24. If using avocado, halve it, remove the stone and cut the flesh into slices.
25. Place the salad leaves, cucumber, tomatoes, sweetcorn and red onion in a large salad bowl.
26. For the dressing, stir the plain yogurt and mayonnaise together until smooth.
27. Add the mustard, honey, lemon juice and olive oil.
28. Mix the dressing thoroughly and season with salt and black pepper.
29. Check that the nuggets are golden brown and completely cooked through.
30. Remove the finished nuggets from the oven and allow them to rest for about two minutes.
31. Pour the dressing over the prepared salad ingredients only immediately before serving.
32. Gently toss the salad until the dressing is evenly distributed.
33. Divide the salad among deep plates or bowls.
34. Arrange the warm chicken nuggets over the salad.
35. Optionally add the avocado slices and spoon over a little extra dressing.
36. Serve the chicken nugget salad immediately while the nuggets are still crisp and warm.