

Chicken nuggets with bacon and cornflake crumbs

4 servings

700 g chicken (thawed) – inner thighs, thigh fillets or fillets
2 dl wheat flour
2 tsp paprika
2 tsp cayenne pepper
1 tsp garlic powder
0.5 tsp white pepper
2 tsp flaked salt
2 large eggs
2 x 140 g bacon (two packages)
4 dl cornflakes

Preheat oven to 200 °C (392 °F).

Pat the chicken thighs dry with paper towels and cut the chicken into pieces, about 4-5 cm in size.

Place the bacon on a rack on a baking sheet and cook in the oven for about 14-16 minutes.

Let the bacon cool and drain on paper towels. Pat it dry with paper towels.

Break the bacon into smaller pieces and place on a plate.

Crush the cornflakes, for example by putting them in a plastic bag and squeezing it or pounding it with a rolling pin. Add the crumbs with the bacon crumbles and mix around.

Mix the almond flour, paprika, cayenne pepper, garlic powder, salt, white pepper and put the mixture on a plate.

Beat the eggs in a deep plate.

First turn the chicken in the flour mixture, then in the eggs and finally in the crumbs. Place the chicken on a baking sheet with a rack.

Cook in the middle of the oven for about 20 minutes or until the internal temperature is 72 °C (162 °F).