

TASTY CHICKEN BITES 01

GF, NF, SOYF, SF, EF

INGREDIENTS

600g of lean chicken mince
 2 tsp. curry powder
 1 tsp. mild paprika
 90g (1c) cornflake crumbs
 80ml (1/3c) macadamia oil

SERVES 10

NUTRITION INFO

CALORIES

140

TOTAL FAT

8.3g

SAT. FAT

2g

SODIUM

80mg

TOTAL CARBS

5,7g

FIBRE

1.1g

SUGARS

1.2g

PROTIEN

12.6g

METHOD

- 1 Combine your chicken mince, curry powder, paprika, and half the cornflake crumbs in a large bowl.
- 2 Mix ingredients thoroughly with hands.
- 3 Roll approx. 2 tbsp. of the mixture into balls until all mixture is used.
- 4 Place the remaining cornflake crumbs on a plate.
- 5 Roll meatballs into the cornflake crumbs to coat.
- 6 Heat the oil in a large frying pan over medium heat.
- 7 Cook the meatballs, in 4 batches, turning, for 4-5 minutes or until golden and cooked through.