

SEASONED CHICKEN NUGGETS (gluten free)



Chicken nuggets are perfect for a game day snack, party, or for a casual dinner. These nuggets are slightly crispy on the outside, tender and juicy on the inside, and deliciously seasoned with just the right amount of kick. Be sure to make extra because you can freeze these for an easy meal on another day!

Makes: Approximately 35 chicken nuggets (depending on size)

INGREDIENTS:

4 boneless, skinless, chicken breasts

Flour Coating #1 (In Ziplock Bag):

½ cup white rice flour
½ cup tapioca flour
1 Tbsp. + 1 tsp. garlic powder
1 Tbsp. onion powder
1 Tbsp. + 1 tsp. sweet paprika

¾ tsp. salt

Flour Coating #2 (in bowl):

¾ cup white rice flour
½ cup tapioca flour
1 Tbsp. + 1 tsp. garlic powder
1 Tbsp. onion powder
¾ tsp. salt
2 tsp. black pepper

Egg Dip:

3 large eggs
2 Tbsp. milk

Other:

Oil for frying
Large ziplock bag

Optional:

Gluten free bbq sauce or other favorite dipping sauce

GETTING READY

1. Put chicken into the freezer as you are getting everything ready...this will firm it up just a little and make it easier to cut up.
2. Set out a large plate with a couple of paper towels on it (for the cooked chicken)
3. Set out a large frying pan and pour in about a ½ inch of oil
4. Set out 2 large bowls (for flour mix #2 and the egg dip)

LET'S GET STARTED

1. Fill the ziplock bag with the first coating ingredients: white rice flour, tapioca flour, garlic powder, onion powder, paprika, and salt. Zip shut and shake thoroughly to combine all seasonings. Set aside.
2. In one of your bowls, prepare flour coating #2: Whisk together the white rice flour, tapioca flour, garlic powder, onion powder, salt, and black pepper. Set aside.
3. Prepare the egg dip in the second bowl by whisking together the eggs and the milk. Set aside.
4. Get the chicken out of the freezer. Trim away any fat. Cut into nugget-sized pieces. Try to make them similar in size so that they'll cook evenly.

5. Put all of the chicken pieces into the ziplock bag with the seasonings. Zip shut. Shake thoroughly to coat. (This step can be done in a bowl if you don't have a ziplock bag...it's just easier in a ziplock)
6. Dip a few chicken pieces into the egg mixture, and then into the flour mixture bowl. Press flour in gently to help it stick. Use one hand to dip into the egg, and the other to dip into the flour, so that you don't transfer excess egg into the flour. Dip and coat all the pieces, a few at a time, then place on a large plate.
7. Heat up your oil until a test piece causes the oil to sizzle. I heat my stove on medium or just below medium, but every stove is different, so adjust yours as needed.
8. Cooking time will vary depending on how thick your chicken is, but mine usually take about 5-6 minutes per side (Flip each nugget at halfway through cooking).
9. When you think they are done, test the thickest nugget by slicing it in half. Chicken should be fully cooked and tender, with no pink remaining inside.
10. When finished cooking, gently remove from oil to paper towel-lined plate. They will be VERY hot on the inside. Allow to drain and cool a little before serving.
11. Transfer to serving dish and serve with your favorite dipping sauces! Enjoy!!!

****To Cook in Oil/Freeze/Reheat:** Fully cook the chicken nuggets and allow to cool. Flash-freeze by setting on a plate or tray and putting into freezer for 15 minutes or so. Then, store in freezer ziplock bag or other airtight storage container. **To reheat:** Do not thaw nuggets. Preheat oven to 350 degrees. Place nuggets on cookie sheet sprayed with non-stick spray. Bake for about 15 minutes or until fully heated through.

****To Oven Bake:** In your second flour coating, make the following change: Replace the tapioca flour and white rice flour with fine gluten free bread crumbs (keep all seasonings the same). Bake on a cookie sheet or baking pan sprayed with non-stick spray. You can even lay down tinfoil and spray that for easy clean-up. Place chicken nuggets on pan, single-layer, and bake at 400 degrees for 20-22 minutes (adjust time according to size/thickness of chicken). Turn all pieces half-way through baking. Chicken should be fully cooked with no pink remaining inside. Test the thickest chicken nugget to make sure they are done.