

Gluten free Chicken Nuggets with Quinoa



This is a great recipe for kids and adults alike. Gluten free and super tasty, boasting delicious Asian flavours of lemongrass, coriander and chilli, the whole family will love this one.

Ingredients:

½ cup water
¼ cup quinoa
500g chicken mince (or finely chopped chicken)
1/3 cup blanched almond meal
½ cup chopped coriander
1 red chilli (deseeded and finely diced)
3 cloves of garlic (diced)
1 stick of fresh lemongrass (finely diced)
Zest of ½ lemon
½ teaspoon freshly cracked black pepper

Method:

1. Cook your quinoa by bringing to the boil in the ½ cup of water and allowing to simmer for 12-15 minutes. Allow to cool.
2. Chop and prepare the coriander, chilli, garlic, lemongrass, lemon zest & black pepper ready for mixing.
3. In a large bowl add all the ingredients together and massage until well mixed.
4. Roll into bite size nuggets and cook in a large non stick saucepan on medium to high heat with a quality cooking oil.
5. Serve hot as they are or with a side of your favourite dipping sauce.

NOTE: Adjust the chilli quantity to suit the whole family. Using a small amount of a mild red chilli may be all that is needed.

Inspiration:

Try serving these with homemade chilli sauce, or add to a Napolitana sauce to make Chicken Meatballs and Spaghetti.

This Recipe is:

Gluten Free | Dairy Free | Paleo | Sugar Free | Scrumptious