

# Oaty Chicken Pieces/Nuggets

This very low-fat recipe is so easy and delicious. Serve with a grated carrot salad.

**Serves 4** By **Jack Hart** Class **2**

Jack says..." This is so delicious! I like it with ketchup and potato wedges...  
not yukky mustard...it's disgusting!"

*You could briefly add where/from whom the recipe comes from if you like.*

## Ingredients:

25g rolled oats  
1tbsp fresh rosemary, chopped  
4 skinless chicken quarters  
1 egg white  
Salt and pepper

150g natural low-fat fromage frais  
2tsp wholegrain mustard  
Salt and pepper

## Variation:

**Chicken nuggets:** chop 4 skinless chicken breasts into small pieces. Reduce cooking time by half and test for doneness. Add 1 tbsp sesame or sunflower seeds to oats for an even crunchier texture. Experiment with different herbs instead of the rosemary. Try creme fraiche or mayonnase instead of fromage frais.

## Method:

- 1) Preheat oven to 200 °c/400° f/Gas mark 6.
- 2) Mix together the oats, rosemary and seasoning in a bowl.
- 3) Brush chicken evenly in beaten egg.
- 4) Dip chicken in the oat mixture to coat then place on a non-stick baking sheet/tray.
- 5) Bake for about 40 minutes or until the juices run clear when the chicken is pierced.
- 6) In a bowl, mix together the fromage frais & mustard. Season to taste
- 7) Serve the chicken hot or cold with sauce and salad..