

# Chicken Nuggets, Chips & Beans

**Per Portion**  
**585** Calories  
**41.5g** Protein  
**73.3g** Carbs  
**10.9g** Fat

## Ingredients



- 4 chicken breasts
- 4 eggs, beaten
- 100g crushed cornflakes
  - Tin of beans

### For the chips:

- 1kg potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

## Method

1. Begin by chopping the chicken breasts into bite-sized chunks.
2. In a bowl, crack the eggs and beat them well.
3. Place the crushed cornflakes in a separate bowl.
4. Take a piece of chicken and dip it into the beaten eggs, making sure it is fully coated.
5. Next, dip the egg-coated chicken into the bowl of crushed cornflakes, pressing gently to ensure the flakes adhere to the chicken.
6. Preheat your air fryer to 200C.
7. Transfer the coated chicken nuggets to the air fryer basket.
8. Repeat the process with the remaining chicken pieces.
9. Cook the nuggets for approximately 15 minutes, or until they are golden brown and cooked through.
10. Carefully remove the tray from the air fryer and let the nuggets cool slightly before serving.
11. Heat the beans up in a small pot or in the microwave.

### Let's make the chips:

1. Mix the oil with the salt and pepper in a large bowl.
2. Cut the potatoes into chips – you don't need to peel them if you don't want to.
3. Tip the bowl into the air fryer and cook for 10 minutes at 200C.
4. Shake the basket and cook for another 10 minutes at 240C shaking regularly.