

PARMESAN CRUSTED CHICKEN NUGGETS WITH TZATZIKI DIP

Serves: 4



Ingredients

1/3 cup polenta
1/3 cup finely grated Australian parmesan or romano cheese
300g skinless chicken fillets, cut into chunks
200g tub Australian skim or low fat natural yogurt
1 small Lebanese cucumber, peeled, seeded and finely diced
1 small clove garlic, crushed
Salt and pepper, to taste
Green salad, for serving

Method

1. Combine polenta and parmesan in a bowl. Dip the chicken in parmesan flavoured polenta.
2. Place onto a baking paper lined tray and bake at 200°C for 10 minutes or until cooked and golden.
3. Combine yogurt, cucumber and garlic to make tzatziki. Season to taste.
4. Serve chicken nuggets with tzatziki and green salad.

Nutritional Information:

Kilojoules 866 kJ
Calories 206 cal
Protein 23 g
Total fat 6.8 g
Saturated fat 2.8 g
Carbohydrate 12 g
Sodium 188 mg
Calcium 217 mg
Iron 1 mg
Fibre 1 g

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