

Meats-Poultry-Game

Chicken Nuggets Recipe Gillian's style

Ingredients:

1 lb. boneless skinless chicken breasts, cut into 1-inch pieces.
1/2 cup rice flour
3 eggs lightly beaten with salt & pepper
1 1/2 cups of G.F. (Gillian's Bread Crumbs)
2 tbs. Honey
1/4 cup Mustard

Instructions:

Mix mustard and honey together for dipping Sauce. If you like it a little sweeter add more Honey! Lightly dust chicken nuggets with Rice Flour. Add chicken to eggs; stir to coat, roll in crumbs. In flat pan coat the bottom with oil (medium Heat). Place chicken in and cook until golden brown. Remove from heat and serve with Honey Mustard. Gillian's Bread Crumbs can be found in most Bread & Circus & Wild Harvests. Remember to check all ingredient labels as they can change quickly and without notice.

When you order from Gillian's,
know that we guarantee our product will arrive fresh and to your satisfaction.
Please call us at 781-586-0086 if you have any questions.
www.gilliansfoods.com

©2005 Gillian's Foods, All Rights Reserved.