



Crispy Chicken Nuggets

Servings: 0 servings

Ingredients

- 1 1/2 cups Gold Medal® self-rising flour or all-purpose flour
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon freshly ground black pepper
- 1/2 to 1 teaspoon ground red pepper (cayenne)
- 1 egg
- 1/2 cup buttermilk or milk
- 2 cups vegetable oil
- 1 lb boneless skinless chicken breasts, cut crosswise into 1-inch strips, or chicken breast tenders (not breaded)

Directions

1. In medium bowl, stir together flour, salt and peppers. In small bowl, beat egg and milk.
2. Coat chicken with flour mixture, dip into egg mixture and coat again with flour mixture. Discard any remaining flour mixture.
3. In 12-inch skillet, heat oil over medium heat (350°F). Add chicken; cook uncovered 5 min. Using tongs, turn chicken; cook 3 min longer or until no longer pink in center and golden brown. Serve with honey mustard.

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