

Lunch X – “Chicken” Change Nuggets

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Nov 13, 12,00



Shopping List / Ingredients list

Main component	Extra-firm tofu, pressed, drained 1 block (in our case it weighs 350 gr – good for 2-3 portions)	If you cannot get extra-firm tofu (asian shops will have it)– press your tofu very thoroughly Also tried: eco-chicken-breast for the meat-eaters
Marinade	50 ml soy sauce or tamari sauce (gluten free), 50 ml water 1 teaspoon smoked paprika 1 teaspoon onion powder (or grated onion) 1 teaspoon garlic powder (or grated garlic) <u>optional</u> 1 tablespoon nutritional yeast	Soy sauce is essential – the rest: up for your taste to add more finesse
Coating	40 gr Panko or breadcrumbs - Panko gives better texture! 40 gr Cornflakes (no sugar added!) 3 teaspoons smoked paprika <u>optional</u> 1 teaspoon garlic powder 1 teaspoon onion powder 3 teaspoons nutritional yeast	Helpful to have: a plastic freezer bag – helps to avoid sprinkling the kitchen with smashed cornflakes...
Apple-Carrot-salad	1 apple 1-2 Carrots pinch of lemon, salt	If you prefer something green: lamb leaves lettuce is on season!
	Oven, baking paper - pre-heated 180	

