

Chicken Nuggets

Prep time	Cook time	Total time
20 mins	1 hour 15 mins	1 hour 35 mins

Try this Vegan Chicken McNugget Recipe out and see for yourself how you can enjoy that salty, crunchy taste without the need to harm any animals! I've tried other vegan chicken nugget recipes and they just aren't the same.

Author: The Edgy Veg

Recipe type: Main

Cuisine: American

Serves: 4



Ingredients

"Chicken"

- 1 cup vital wheat gluten
- 2 tbsp nutritional yeast
- 1 tsp onion powder
- ½ tsp salt
- ½ tsp poultry seasoning
- ¾ cup vegetable broth
- ¼ cup tahini
- 3-4 cups of vegetable broth, for cooking
- 1 onion chopped

Nugget Breading

- 3 eggs worth of prepared egg replacer (I like to use [The Vegg](#))
- ⅔ cup all-purpose flour
- ⅓ cup tempura mix
- 2 teaspoons salt
- 1 teaspoon onion powder
- ¼ teaspoon pepper
- 1 teaspoon garlic powder

Instructions

"Chicken"

1. In a mixing bowl, mix together wheat gluten, nutritional yeast, onion powder, salt and poultry seasoning.
2. In a larger bowl, combine ¾ cup broth and tahini and whisk until smooth.
3. Mix the dry ingredients with the wet and stir until well combined.
4. Knead the dough until it is elastic but not dry. Sprinkle some additional gluten flour if you find you have made your dough too sticky.
5. Divide the dough into small little nuggets. Keep in mind they will grow to about twice their size, so make them smaller than you would normally. You should have enough dough for 24. Place the nuggets in a casserole dish, with the chopped onion and cover them with remaining vegetable broth and foil.
6. Cook nuggets in broth and onions for 1 hour in the oven at 350 degrees, flipping at 45 minutes.

Nugget Breading

1. Place egg replacer in a small, shallow bowl.
2. Combine the flour, tempura salt, pepper, onion powder and garlic powder in a large zip lock bag.
3. Coat each nugget with the flour mixture by shaking in the zip lock bag.
4. Remove and dredge each nugget in the "egg" mixture, coating well. Then return each nugget to the flour/seasoning mixture. Shake to coat. Lay the nuggets on a cookie sheet lined with parchment paper and place in the freezer for half an hour. Cover and refrigerate remaining egg mixture.
5. After freezing, repeat the "coating" process.
6. Deep fry the nuggets in a large pot of oil at 375° for 10-12 minutes or until light brown and crispy.

Recipe by The Edgy Veg at <https://www.theedgyveg.com/2014/03/08/vegan-mcdonalds-series-mcnuggets/>