

Turmeric Chicken Nuggets

6 ingredients · 30 minutes · 5 servings



Directions

1. In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
2. In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
3. Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
4. Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately five nuggets.

Make it Vegan

Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.

Ingredients

- 1 cup** Oats (rolled)
- 2 tbsps** Turmeric
- 1/4 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 454 grams** Chicken Breast (boneless, cubed)
- 2 tbsps** Avocado Oil (divided)