



## Nikki Dinki : Chicken Nuggets with Carrot and Beans

### Ingredients

- 2 medium carrots, chopped (1 cup)
- One, 15 oz can of cannellini beans, drained + rinsed
- 1/2 cup grated Parmesan
- 1/4 cup mayonnaise
- 3 chicken bouillon cubes or 1 tablespoon chicken bouillon base
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 cup + 1/2 cup Italian breadcrumbs, divided + more as needed
- 1 pound ground chicken
- 2 tablespoons olive oil + more if needed

### Instructions

1. Process the carrots in a food processor until they are very finely chopped. Add the cannellini beans, Parmesan, mayonnaise, bouillon cubes or bouillon base, garlic powder, onion powder, and salt, and blend until everything comes together and you can no longer see pieces of beans. Add 1/2 cup of breadcrumbs and pulse a couple times until everything is combined
2. Transfer bean mixture to a large bowl, add the chicken, mix until just combined (try not to overmix) - your hands work best here

3. Place the remaining 1/2 cup breadcrumbs in a bowl or plate. Scoop about 1/4 cup of the chicken mixture into your hand, roll into a ball, then smash it flat into the breadcrumbs; flip to coat all sides with the breadcrumbs, then form it into an oval and add dents here and there along the sides to mimic the shape of a store-bought nugget. The chicken mixture will be a little soft and that's okay, but if you are having a lot of trouble forming your nuggets, you can throw your mixture in the fridge to firm up or add a few more breadcrumbs to the chicken mixture to help it hold together

4. Heat the oil in a large skillet over medium heat. Working in batches, add the nuggets to the skillet and cook them until both sides of the nuggets are golden brown and the nuggets are firm and cooked through - 4 to 6 minutes per side. Repeat the process until all the nuggets have been cooked, adding more oil as needed. The easiest way to tell if they are done is to use a thermometer; internal temperature should reach 165 degrees F. Alternatively, spray the nuggets with cooking oil spray and bake at 425 degrees F for 15 to 20 minutes.

5. Once nuggets are cooked, store leftovers in the refrigerator for up to one week or freeze for up to 3 months. From frozen, reheat nuggets by baking at 375 degrees F for 8 to 10 minutes