

# Quinoa Chicken Nuggets

Food Foundations • another NAQ Nutrition program

Recipe supplied by Sophie Day, Chef at Cairns Kids Early Learning Centre

## Ingredients:

### Makes 12 large nuggets

- 500g chicken mince
- 2 tablespoons Moroccan seasoning
- 4-5 cups quinoa



## Method:

1. Preheat oven to 180°C.
2. Mix together chicken mince and Moroccan seasoning in a large bowl.
3. Form 12 large nuggets out of mixture.
4. Roll each nugget in quinoa.
5. Bake for 20-25 minutes or until golden brown.

Sophie's tips: serve with a simple green salad and homemade potato wedges.

Food Group	Serves provided per nugget
Grain (cereal) foods	1.7
Lean meat and alternatives	0.4