

# Chicken Nuggets with Honey Mustard Sauce

9 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
2. Add the flour, salt and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the bread crumbs.
3. Dredge the chicken nuggets in the flour first, shaking off any excess. Coat each one in the egg mixture, then transfer to the bread crumbs and coat well.
4. Arrange the chicken nuggets onto the baking sheet and bake for 20 minutes or until cooked through.
5. Meanwhile, stir together the mayonnaise, yellow mustard, dijon, and honey in a bowl. Serve alongside the chicken nuggets and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately four ounces of chicken and 1/4 cup of honey mustard dipping sauce.

### More Flavor

Add dried herbs to the flour mixture.

### Additional Toppings

Serve with peas, fries, roasted vegetables, or over a salad.

## Ingredients

- 2 ozs Unbleached All Purpose Flour
- Sea Salt & Black Pepper (to taste)
- 1 Egg (large)
- 1/4 cup Bread Crumbs
- 8 ozs Chicken Breast (boneless, cubed)
- 1/4 cup Mayonnaise
- 2 tbsps Yellow Mustard
- 1 tbsp Dijon Mustard
- 1 tbsp Raw Honey