

CopyCat McDonald's Chicken Nuggets

Ingredients

4 chicken breast fillets
1 cup of water
1 cup of all-purpose flour
1 tbsp of onion powder
2 tbsp of salt
Vegetable oil
1 egg
1/4 tbsp of black pepper
1/6 tbsp of garlic powder
1/2 tbsp of MSG

Directions

Pound each breast until it is roughly a quarter inch in height, cut the chicken breast fillets into smaller manageable sized pieces.

In a small bowl, beat the egg and mix in the cup of water.

Next get a small food bag and pour in the flour, salt, pepper, onion powder, garlic powder and MSG. Once all of the mixture is in the bag give it a good shake.

Put each nugget into the bag and giving it a little shake.

Remove the chicken pieces, place them in the egg mixture and coat well.

Then return the coated chicken pieces to the bag for a final shake.

Once all nuggets have been well covered, (twice!) place them in a refrigerator for around an hour.

Pre heat oil in a table top fryer to around 370°F (185°C).

Place the nuggets in the fryer for approx 10 minutes, turning once. Remember not to overcrowd the fryer at this point!

Take the nuggets out of the fryer and leave on a paper bag (or piece of paper) to drain for a couple of minutes.