



# GLUTEN FREE CHICKEN NUGGETS WITH QUINOA

This is a great recipe for kids and adults alike. Gluten free and super tasty, boasting delicious Asian flavours of lemongrass, coriander and chilli, the whole family will love this one.

## Ingredients:

- ½ cup water
- ¼ cup quinoa
- 500g chicken mince (or finely chopped chicken)
- 1/3 cup blanched almond meal
- ½ cup chopped coriander
- 1 red chilli (deseeded and finely diced)
- 3 cloves of garlic (diced)
- 1 stick of fresh lemongrass (finely diced)
- Zest of ½ lemon
- ½ teaspoon freshly cracked black pepper

## Method:

Cook your quinoa by bringing to the boil in the ½ cup of water and allowing to simmer for 12-15 minutes. Allow to cool.

Chop and prepare the coriander, chilli, garlic, lemongrass, lemon zest & black pepper ready for mixing.

In a large bowl add all the ingredients together and massage until well mixed.

Roll into bite size nuggets and cook in a large non stick saucepan on medium to high heat with a quality cooking oil.

Serve hot as they are or with a side of your favourite dipping sauce.

NOTE: Adjust the chilli quantity to suit the whole family. Using a small amount of a mild red chilli may be all that is needed.

## Inspiration:

Try serving these with homemade chilli sauce, or add to a Napolitana sauce to make Chicken Meatballs and Spaghetti.

**This Recipe is:**

**Gluten Free | Dairy Free | Paleo | Sugar Free | Scrumptious**