

# Kids in the Kitchen

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# RECIPE



## LEMON AIR FRIED CHICKEN NUGGETS

*Recipe from Carla Burke, RD*

### INGREDIENTS

- Spray olive oil
- 1½ lb chicken breasts
- 3 Tbsp Soy sauce (divided)
- 1 Tbsp Sesame oil
- 1 egg
- 5 Tbsp cornstarch (divided)
- ¼ c all purpose flour
- 1 Tbsp olive oil
- 1 lemon
- 1 Tbsp fresh ginger paste
- 2 cloves garlic
- ½ c chicken broth
- ¼ c sugar
- 1 Tbsp rice vinegar

### DIRECTIONS

1. Cube chicken breast into 1 inch cubes. In a large bowl, mix chicken with 2 Tbsp of soy sauce and sesame oil and set aside.
2. Using a garlic press, crush garlic into a wide mouth microwaveable glass jar. Add ginger paste, chicken broth, sugar, rice vinegar, and lemon juice into the jar. Microwave for 90 seconds. In a separate dish, combine 1 Tbsp cornstarch with 1 Tbsp water. And set aside. Add cornstarch slurry and olive oil into the jar and stir until thickened. Set aside.
3. In 2 shallow dishes, break an egg and whisk until combined in one, and add remaining cornstarch and flour into the other. Working in small batches, toss the chicken into the flour, then into the egg, then back into the flour to coat.
4. Spray the air fryer with oil, and the chicken pieces. Heat the air fryer to 350 degrees. Cook for 5 minutes in the air fryer, then flip to the other side for an additional 5 minutes, working in batches as needed.
5. Remove the chicken into a large bowl and drizzle the sauce over. Toss the chicken in the sauce and enjoy!



# Featured Ingredient... Lemon



## LEMON AIR FRIED CHICKEN NUGGETS

### TOOLS NEEDED

Garlic press, 2 large bowls, 2 small shallow bowls,  
2 wide mouth mason jar or similar, air fryer

### ALLERGY SUBSTITUTIONS

- Wheat: use gluten free flour. I suggest Bob's Red Mill 1 for 1 mix
- Soy: Use pure coconut aminos instead of soy sauce
- Nuts: there are no nuts in this recipe
- Eggs: you can use milk instead of an egg to coat with flour
- Dairy: there is no dairy in this recipe

Adjust this recipe to meet your goals by making these modifications to the ingredients:

### WEIGHT GAIN

Use 2 tsp olive oil

### WEIGHT LOSS

Omit olive oil in sauce

### SPORTS PERFORMANCE

increase to 2.25 lb chicken and serve with lots of carbohydrate rich foods