Chicken Nuggets

with Steamed Carrots

Golden, tender chicken nuggets made with sweet potato and oat flour – no eggs, no dairy, just simple ingredients. Perfect for little hands and packed with flavour. Served with soft, steamed carrots.



MAKES
6 TODDLER PORTIONS
(250 ml each)

PREPARATION
20 minutes

COOKING TIME
25 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients



300 g
chicken breast fillet
(cooked and finely shredded)



300 g
sweet potato
(about 2 medium, cooked and mashed)



½ cup (50 g)
oat flour



2 tbsp
onion
(finely grated or very finely chopped)



1 tbsp
olive oil



1 tsp
dried mixed herbs
(optional)



½ tsp
salt
and pepper
(to taste)



300 g
carrots
(fresh or frozen)

Method



1. Mix the shredded chicken, mashed sweet potato, oat flour, onion, herbs, salt and pepper until well combined.



2. Shape into 12 small nuggets (about the size of a large chicken nugget). Place on a lined baking tray.



3. Brush lightly with olive oil and bake at 190°C for 20–25 minutes, turning halfway, until golden and cooked through.



4. Steam the carrots until tender (about 10–12 minutes). Cut into age-appropriate pieces.



5. Allow to cool completely before packing into portions with steamed carrots.



6. Freeze all six portions.
Use within 2 months.
Reheat thoroughly to 74°C before serving.

Top tips

- Use cooked chicken (roasted, poached or leftover).
- Make the nuggets small and flat for easier eating.
- You can add finely grated courgette or carrot to the mixture for extra vegetables.
- For younger toddlers, cut the nuggets into smaller pieces.
- Check that all ingredients are dairy-free and egg-free.
- For Miss Lion, use clean equipment and prevent cross-contact with allergens.

Serving guide

~150 ml
4–5 chicken nuggets
(depending on size)

~100 ml
Steamed carrots

Total: ~250 ml per child