



Chicken Nuggets & Rosemary Fries

By Pamela Endres on 14. July 2020



Preparation time: About **20 min.**

Ingredients (makes about 2 portions)

- 400 g chicken breast filet
- 300 ml buttermilk
- 150 g flour
- 1 tsp paprika powder
- 1 tsp salt
- ½ tsp pepper
- ½ tsp cumin
- 2 tsp baking soda
- Fat for deep frying
- 400 g potatoes
- 2 tsp baking Soda
- Olive oil, salt, pepper



Preparation

Cut the chicken breast into bite-size pieces, place in a bowl and mix with the buttermilk. Let it marinate in the refrigerator for 30-60 minutes. In the meantime peel the potatoes and cut into thick sticks. Fill a pot with water and bring to a boil. Preheat the oven to 250° C and line a baking tray with baking paper. When the water is boiling add some salt and 2 teaspoons of baking soda. Add the potatoes and wait until the water comes back to a boil. Cook the potatoes for one minute, then drain them. Put the potatoes in a bowl and mix with olive oil, salt and pepper. Place on the baking sheet, spread evenly and sprinkle with rosemary. Bake for about 30 minutes, turning the fries halfway through. Combine flour, paprika, salt, pepper, cumin and baking powder in a shallow bowl. Remove the meat from the refrigerator, drain the marinated chicken pieces and toss in the flour mixture until evenly coated. Cook in the hot fat until golden brown, then place on some kitchen paper to drain the excess fat. Serve together with the Rosemary Fries.

Tip:

serve with a colourful salad

Our Recommendations



Stainless steel fryer DF 180

>>> ***Recipe from Fräulein Zebra.***



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