

OVERALL time: 35 mins

Air fryer chicken nuggets with spicy lemon mayo dip

These chicken nuggets are seriously moreish little bites. Straight out of the air fryer they are piping hot and incredibly juicy. But they're also great served at room temperature, especially when dipped into our cheeky Chilli Crunch lemon mayo.

Metric

Number of servings : 4

ingredients

For the spicy lemon mayo dip

- 125 ml Shop-bought tangy mayonnaise
- 2 ml **Cape Herb and Spice Chilli Crunch**
- 1 Clove of garlic
- 1 Zest of lemon, grated as finely as possible
- 20 ml Fresh lemon juice

For the chicken nuggets

- 125 ml Flour
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 2 Extra large eggs, whisked
- 250 ml Cornflake crumbs
- 30 ml **Cape Herb and Spice Chilli Crunch**
- 600 g Skinless chicken breasts, cut into 3cm blocks

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 15 mins

Mix together all the ingredients for the spicy lemon mayo dip and set aside for the flavours to infuse.

Add 5ml salt and 5ml **Cape Herb & Spice Chilli Crunch** spice to the flour and stir to combine. Add 30 ml **Cape Herb & Spice Chilli Crunch** spice to the cornflake crumbs and stir to combine. Dip the blocks of chicken into the flour and shake off the excess. Next dip them in the whisked egg and shake off the excess. Finally dip them in the crumb mix and toss to ensure they are thoroughly coated.

Place chicken nuggets in an air fryer pre-heated to 180 degrees Celsius. (Do not overcrowd the fryer basket. The nuggets should be packed in a single layer, so you'll need to cook the nuggets in two to three batches depending on the size of your air fryer.)

They take about 15 minutes to cook, so break one open at that point. If they're not cooked through completely, simply air fry them for a further minute or two. Serve piping hot or at room temperature with the spicy lemon mayo. If you're doing the picnic thing, why not have some fun and pack these chicken nuggets in individual Chinese takeout boxes!

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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