

Chick-fil-a Copycat Chicken Nuggets

Ingredients for Gluten Free

- 2lbs chicken, cut bite sized
- Dill pickle Juice
- 1 egg, beaten
- 2 Tbsp buttermilk, cream, or milk (coconut milk approved)
- 1 cup tapioca starch (arrowroot ok)
- 4 Tbsp smoked paprika
- 3 tsp salt
- 2 tsp pepper
- 2 tsp garlic powder
- Dash cayenne
- optional: 1 Tbsp of powdered sugar
- Optional: 1 Tbsp of umami powder of your choice

Instructions:

- Put raw chicken nuggets in a bag and add pickle juice, egg, and milk. Allow to marinate at least 30 minutes (but the longer you can let it sit in the refrigerator the better)
- Mix dry ingredients together in another bowl.
- Drain marinated chicken and drench each piece your chosen dry mixture then put right into the cooking vessel of your choice (do not over crowd).

When Pan Frying:

- Heat ½- 1 cup of vegetable or peanut oil in skillet (be sure not to overheat and burn your oil).
- Place chicken in frying pan (oil should not be covering the pieces) and fry for 2-3 minutes on one side then flip over and fry for 2-3 minutes or until internal temp is 165.
- Place on a wire rack covered in paper towels to cool slightly before consuming.

When Air Frying:

- Preheat air fryer on 390 for 5 minutes.
- Place chicken on the fryer tray (be sure not to crowd) and air fry for 8-12 minutes (swapping racks and/or turning halfway through or until internal temp is 165).
- Serve immediately.

When Oven Frying:

- Preheat oven to 400.
- Line a large baking sheet with parchment paper
- Place chicken on baking sheet, making sure they aren't touching
- Bake for 10 minutes then turn over and bake another 10 minutes or until internal temp is 165.
- Serve immediately.