



## Chick-un Nuggets



These are another fun way to use chickpeas that are convenient and fun for lunchboxes, snacks, or appetizers. Each doughy ball of chickpeas are shaped and then smothered in breadcrumbs. Kids and adults will love these with their favorite dipping sauce.

created by: Kim Campbell

### INGREDIENTS

- |  |  |
|--|--|
| ½ cup oat flour  | 1 teaspoon onion powder                                    |
| One 15-ounce can chickpeas drained ( <i>saving the juice</i> ), and rinsed | 1 teaspoon smoked paprika                                  |
| 2 carrots, roughly chopped   | ¼ teaspoon sea salt or to taste                            |
| ½ teaspoon garlic powder   | 2 teaspoons lemon juice                                    |
|  | 3 tablespoons aquafaba ( <i>juice from the chickpeas</i> ) |

### BREADING:

- |  |                             |
|--|-----------------------------|
| ¾ cup panko bread crumbs               | ¼ cup nondairy milk         |
| 2 tablespoons nutritional yeast flakes | ½ cup BBQ sauce for dipping |

continued...

ENTREES



PREP



COOK



YIELDS

plantpure

www.plantpuration.com

# Chick-un Nuggets *continued...*

## DIRECTIONS

1. Preheat oven to 400° F.
2. Place the flour, chickpeas, carrots, spices, and salt into a food processor and process until you have a dry dough like consistency. Place the mixture into a large mixing bowl.
3. Add the aquafaba and lemon juice to the chickpea mixture and stir working all of the ingredients together thoroughly. You will begin to have a firm ball and the consistency will be like that of thick cookie dough.
4. Portion the dough into 12 even pieces working them into any shape you prefer. Set aside.
5. Place the bread crumbs and nutritional yeast flakes into a bowl and mix well. Next to the breadcrumb mixture, pour the milk into a small bowl.
6. Line a baking sheet with parchment paper.
7. Dip each chickpea nugget into the milk and then coat thoroughly with the breadcrumb mixture. Place the nuggets onto the baking sheet and bake for 15-20 minutes or until golden. Serve with a Bone Sucking BBQ sauce, Ketchup, or Frank's Red Hot Sauce.

### KIM'S HINTS:

..... If you prefer a firmer and meatier consistency, I would recommend using 2-3 tablespoons of vital wheat gluten to the dough and increase the aquafaba by 2-3 tablespoons.