



You'll never have to worry about egg shortages when you use our B-well Sandwich Spread - it's egg-free!

Here's why this is an ingredient for better living:



## Spread 'n Crunch

# Chikko Bites

### Ingredients:

- + 500 grams boneless, skinless chicken breasts, diced into bite-sized portions
- + 1 cup breadcrumbs
- + 4 tablespoons B-well Sandwich Spread
- + 1 teaspoon garlic powder
- + 1 teaspoon paprika
- + Salt and pepper to taste
- + B-well Canola Oil, for baking

### Instructions:

1. Preheat the oven to 200°C.
2. In a bowl, combine the breadcrumbs with garlic powder, paprika, salt, and pepper. Set aside.
3. Generously coat each piece of chicken with B-well Sandwich Spread.
4. Roll the chicken pieces in the seasoned breadcrumbs until evenly covered.
5. Place the coated chicken nuggets on a baking tray lined with parchment paper.
6. Lightly drizzle the nuggets with canola oil to aid in crisping while baking.
7. Bake for 15-18 minutes or until the nuggets turn golden brown and are thoroughly cooked, flipping them once halfway through.
8. Serve with the B-well Creamy Dipping sauce. Find recipe in book.

No need to worry about egg allergies! Swap eggs with B-well Sandwich Spread in recipes like this one. Its creamy texture binds perfectly without any concerns. Another worry-free tip from us. You're welcome.

