



BBQ Meatless Chicken Nuggets

A popular recipe that's easy to make and popular with everyone

1 (10.6 oz.) package frozen Meatless Chiquin Nuggets (Quorn brand)

1 to 2 cups favorite barbecue sauce, warmed

1 small bunch broccoli florets, stems trimmed

3 to 6 small radishes with short stems, trim roots

Cilantro sprigs as desired

- Preheat oven and baking sheet to 425 degrees F.
- Place frozen nuggets on the heated baking sheet
- Bake for 15 minutes; flip them over after 7 minutes for crispness; bake for the remaining 7 to 8 minutes and temperature 165 degrees F.
- Set aside for 5 minutes.
- To Serve: Place warm barbecue sauce in a container with a spoon; garnish the platter with broccoli florets, radishes, and cilantro sprigs.
- Serves: 15 nuggets for dipping

About the Recipe: These nuggets do not contain any meat; they are made from mycoprotein and can be purchased at most supermarkets. The crispy nuggets are one of the champions of popular snack foods. They have a crispy crust that is wrapped around a tender protein nugget. Since they can be brought from the freezer to the oven for baking, it is super easy to prepare. Team them with your favorite dipping sauce, barbecue, ranch, honey mustard, sweet-sour – any combo will bring rave reviews.