



ZEKE LIFE

Dill Pickle Chicken Nuggets with Potatoes + Zucchini

What you need:

- 1 chicken breast (makes ~30 nuggets)
- dill pickle juice
- ranch seasoning
- 2 eggs
- flour
- ground up crackers (we used Saltines)
- cooking oil (we used Avocado Oil)
- Chick-fil-A sauce (optional dipping sauce)
- potato and/or zucchini (optional sides)
- Lawry's Seasoned Salt (for optional sides)

Steps:

1. Cut chicken into small chunks.
2. Add chicken + pickle juice to bowl; store in fridge for ~ 6 hrs.
3. Pre-heat oven to 350°.
4. Cut potato into thin slices; season with Lawry's Seasoned Salt + oil.
5. Arrange potatoes on pan with parchment paper; cook for 45 min.
6. While potatoes are cooking, make 3 separate small bowls of flour, whisked egg, and ground crackers with ranch seasoning.
7. Take chicken nuggets from pickle juice to coat with flour, dunk in egg + coat with cracker, and arrange on a plate. Repeat until all nuggets are coated.
8. After potatoes have cooked for ~15 min, add chicken nuggets to pan; cook for 30 min.
9. Cut zucchini into cubes; season with Lawry's Seasoned Salt and oil.
10. After nuggets have cooked for ~15 min, add zucchini to pan; cook for 15 min.
11. Serve with Chick-fil-a sauce or other favorite dipping sauce.

Estimated Time:

~ 6 ½ hours prep time, ~45 minutes cook time

Live like Zeke. You're such a good boy!

www.zekelife.com