

Crunchy Nuggets with banana ketchup and smashed potatoes

60–80 Min

Ingredients 4 Portions

= Kotányi Produkte

For the nuggets

500 g	Chicken breasts
3 pieces	Eggs
150 g	Flour
300 g	Cornflakes, unsweetened
1.5 tblsp	Paprika Special Sweet
1.5 tsp	Sea Salt, Coarse
1.5 tsp	Pepper Black, Whole

For the banana ketchup

3 tblsp	Olive oil
180 g	Onions, chooped into fine slices
2 pieces	Garlic gloves, coarsely chopped
20 g	Ginger
90 g	Tomato paste
650 g	Overripe bananas, mashed
150 ml	Rice vinegar
1 tblsp	Soy sauce
2 tblsp	Fish sauce
1.5 tsp	Allspice, Ground
0.5 tsp	Sea Salt, Coarse
0.5 tsp	Turmeric, Ground

For the smashed potatoes

1 kg	Small to medium sized potatoes
4 tblsp	Olive oil
1 tblsp	Sea Salt, Coarse
0.5 tsp	Garlic Granules

Preparation

1. First, make the ketchup. Fry the onions, garlic, chili and ginger until the onions are golden brown.
2. Add tomato paste and allspice and cook for 2 minutes. Now add the bananas, vinegar, sugar, soy sauce, fish sauce, turmeric, and salt and let it cook for another 15 minutes.
3. Remove the ketchup from the heat and purée in a blender. Then put it in a glass jar and close it.
4. Boil potatoes in salted water. Preheat the oven to 210 °C and drizzle a baking tray with 1 tablespoon of olive oil. In the next step, spread the potatoes on the tray and press them flat.

HINT: The easiest way ist to use a glass, a fork or a potato masher.

5. Mix 3 tablespoons of olive oil with the garlic powder and salt and brush the potatoes with the spice oil. Bake for 25-30 minutes until golden brown.
6. Meanwhile, prepare the nuggets. Cut the chicken breasts fillet into bite-sized pieces and season with salt. Whisk eggs, paprika powder, salt and pepper together. Press the cornflakes a little in a freezer bag.
7. Then roll the nuggets in flour, dip them in the egg-spice mixture and bread them with cornflakes. Then deep-fry the breaded nuggets in hot oil.
8. Drain nuggets on kitchen paper. Serve with potatoes and banana ketchup.

1 pinch Pepper Black, Whole