



Crunchy Nuggets with banana ketchup and smashed potatoes

🕒 60–80 Min   

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 is 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.

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 |

1 pinch ♦ Pepper Black, Whole

