



Crunchy Nuggets with banana ketchup and smashed potatoes

⌚ 60–80 Min ♡ ♡ ♡

Preparation

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 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

