

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Chicken Nuggets

Date:

Additional Ingredients:

- None

**THAW MEAL BEFORE
COOKING**

freezermealprep.pro

Air Fryer:

1. Allow meal to thaw overnight in the fridge.
2. Place nuggets into an air fryer basket (spacing evenly), spray a light coating of non-stick cooking spray.
3. Cook in an air fryer at 400F for 8 minutes, flipping halfway until cooked through.

Oven:

1. Allow meal to thaw overnight in the fridge.
2. Preheat the oven to 400F.
3. Place nuggets on a greased baking sheet and spray a light coating of non-stick cooking spray.
4. Bake for 20-25 minutes flipping and spraying with cooking spray again halfway through. Bake until chicken reaches an internal temperature of 165F.

Serving Suggestions:

1. Serve with your favorite dipping sauce and a side of fresh veggies