

# Crunchy Veggie Nuggets



**Dietary:** VEG, GF, NF  
**Allergens:** Eggs, Dairy  
**Age group:** 8 months+  
**Mealtime:** Lunch/Snack  
**Difficulty level:** Medium

**Serves:** 28 nuggets  
**Prep:** 30 mins (+ 1-2  
hours freezing)  
**Cook:** 25-30 mins

Rating ★★★★★

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early learning & preschool

# Crunchy Veggie Nuggets



Vegetarian



Nut Free



Gluten Free

## Equipment

High-speed food processor

## Ingredients

- 2 medium-sized carrots (200g), peeled and cubed
- ½ cup (75g) cauliflower florets, chopped
- ½ cup (75g) broccoli florets, chopped
- ½ cup (70g) frozen organic corn
- ½ cup (70g) frozen peas
- 1-2 garlic cloves (10g), peeled
- 1 cup (250g) sweet potato puree (cold)
- 1 cup (120g) grated cheese
- 1 tsp (4g) onion powder
- Sea salt and pepper, to taste

### COATING:

- 1 cup (160g) chickpea flour
- 3 eggs
- 1 ½ cups rice breadcrumbs
- Extra virgin olive oil, for baking

## Method

1. Steam carrots, cauliflower, broccoli, corn, and peas for about 10 mins or until tender. Drain well on paper towel and allow to cool completely.
2. Place steamed vegetables and garlic in a food processor and pulse until finely chopped.
3. Mix in sweet potato mash, grated cheese, onion powder, salt, and pepper.
4. Spoon mixture into a lined baking tray and spread evenly to about 2cm thickness. Place in the freezer for 60 minutes.
5. Preheat oven to 180° and line a baking tray with baking paper.
6. Remove tray from freezer and cut mixture into individual nuggets using a knife or cookie cutters.
7. Whisk eggs in a bowl and pour flour and breadcrumbs into 2 separate bowls.
8. Dip each nugget first in flour, then in egg, and finally in breadcrumbs.
9. Arrange nuggets on baking tray, drizzle with olive oil and bake for about 25-30 mins, or until golden brown and crisp. Alternatively, fry the nuggets in some olive oil for about 2-3 mins.
10. Allow to cool, then serve with your favourite dip.

**Storing leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

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## Tips

- ✓ **For a dairy-free version:** Swap grated cheese for ½ cup of nutritional yeast or leave out.
- ✓ **For egg-free version:** Swap egg for a store-bought egg replacer.
- ✓ **Easy ingredient swaps:** Swap chickpea flour for flour of choice. Swap vegetables for seasonal vegetables of choice.
- ✓ **For a baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:** Make sure the vegetables have been pureed to a fine consistency.
- ✓ **Additional boosters:** Add 1 cup of cooked chickpeas to the mixture before processing.