

Chicken Pop Stick

Ingredients

- g Chicken
- tsp Garlic
- tsp Chili powder
- tsp Pepper
- 1/2 1/2 tsp Salt
- Medium Sliced Onions
- Mediums Green chilis
- cube MAGGI Chicken Seasoning Cube
- Mediums Egg
- g Breadcrumbs
- 1/2 1/2 cup Oil

Instructions

1. Add the minced chicken to a bowl and add ginger and garlic paste, chilli powder, pepper, salt, chopped onions, chopped green chilli, Maggi Chicken Flavoured Seasoning Cube and mix well.
2. Afterwards make a thick flat patty out of the minced mixed chicken and stick the pop stick.
3. Add eggs to a bowl and beat it and dip the chicken pop stick in the egg.
4. Coat the egg dipped chicken pop stick with breadcrumbs.
5. Finally add oil to a pan and fry the chicken pop sticks until golden brown.

Nutrition

Carbohydrates	16.84 g
Energy	194.4 kcal
Fats	8.55 g
Fiber	1.19 g
Protein	15.59 g
Sodium	696.51 mg
Sugars	1.42 g

36 Minutes

7 Portions