



Oven-Fried Hot Honey Popcorn Chicken

Makes: 6 servings

Prep Time: 20 minutes Cook Time: 20 minutes

Total Time: 40 minutes

Ingredients

Baked Chicken:

- 1 egg
- 2 pounds boneless chicken breasts, cut into cubes
- 1 & 1/4 cups corn flakes, finely crushed (you can also use Panko)
- 2 tbsp flour
- 1/2 tsp smoked paprika
- Kosher salt and black pepper
- Extra virgin olive oil, for drizzling

Hot Honey:

- 6 tbsp unsalted butter
- 4-6 cloves garlic, chopped
- 3 tbsp honey
- 1-2 tsp cayenne pepper, to taste
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1/2 tsp onion powder
- 1/2 tsp chili flakes, to taste
- 1/2 tsp Kosher salt

Instructions

Preheat the oven to 425° F. Line a baking sheet with parchment paper.

Beat the eggs in a large bowl, add the chicken and toss well to coat. In a separate bowl combine the cornflake crumbs, flour, paprika, and a pinch each of salt and pepper.

Dredge the chicken through the crumbs, covering fully. Place on the prepared baking sheet and drizzle with olive oil. Bake for 15-20 minutes, turning halfway through cooking.

Just before the chicken is done cooking, make the sauce. In a small skillet, melt together the butter and garlic over medium heat. Cook until the butter is browning and the garlic turns golden. Remove from the heat. Whisk in the honey, cayenne, chili powder, paprika, onion powder, chili flakes, and salt.

Drizzle or pour the warm sauce over the chicken, tossing to coat. The sauce thickens quickly, so be sure to use while still warm. Serve them up!

Chef's Note:

If you like extra sauce for drizzling/dipping, double the hot honey recipe.

Recipe by Half Baked Harvest