



Crispy Baked Hot Honey Chicken

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 25 minutes

Total Time: 40 minutes

Ingredients

Chicken:

- 4 cups cornflakes
- 1 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tsp smoked paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 2 large eggs
- 2 tbsp hot sauce
- 2 pounds chicken tenderloins
- 2 tbsp extra virgin olive oil
- 2 tbsp melted butter

Hot Honey Sauce:

- 1/2 cup honey
- 2 to 3 tbsp hot sauce
- 1 to 3 tsp cayenne pepper (adjust to taste)
- 3/4 tsp chipotle chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Pinch of sea salt
- Fresh thyme, parsley, or cilantro, for garnish

Instructions

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

Chicken:

Place the cornflakes, panko breadcrumbs, Parmesan cheese, smoked paprika, onion powder, garlic powder, and a pinch of salt in a food processor. Pulse until the mixture resembles coarse crumbs. Transfer to a shallow dish.

In a separate shallow bowl, whisk together the eggs and hot sauce. Add the chicken and toss until evenly coated.

Dredge each chicken tenderloin in the crumb mixture, pressing gently so the crumbs adhere. For an extra-crispy coating, dip the chicken back into the egg mixture and coat with the crumbs a second time. Arrange the chicken on the prepared baking sheet.

Stir together the olive oil and melted butter, then lightly brush or drizzle the mixture over the coated chicken. This helps the coating become beautifully golden and crisp. Bake for 20 to 25 minutes, or until the coating is crisp and golden and the chicken reaches an internal temperature of 165°F.

Hot Honey Sauce:

While the chicken bakes, combine the honey, hot sauce, cayenne pepper, chipotle chili powder, garlic powder, onion powder, and a pinch of salt in a small saucepan.

Warm over low heat, stirring until smooth and well combined.

Drizzle the warm hot honey sauce over the baked chicken and garnish with fresh herbs before serving.

Chef's Notes:

- The combination of cornflakes and panko creates an extra-crispy coating with plenty of crunch.
- Double coating the chicken produces an even thicker, crunchier crust.
- Adjust the cayenne to make the hot honey as mild or spicy as you like.
- The butter and olive oil help the coating brown beautifully while adding rich flavor.
- Leftovers reheat wonderfully in an air fryer at 350°F for 4 to 5 minutes.
- Delicious served with coleslaw, roasted vegetables, mashed potatoes, or macaroni and cheese.