



# Pop corn chicken

20'  
Hands on

15'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Ingredients

- 400 g chicken breast fillet
- 50 g popcorn, ready-made
- 50 g breadcrumbs
- 1 teaspoon(s) thyme, dry
- salt
- pepper
- 2 eggs, medium
- 50 g all-purpose flour
- sunflower oil, for frying

To serve

- [BBQ sauce](#), honey

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                      |                             |                            |
|---------------------------|----------------------|-----------------------------|----------------------------|
| 218<br>Calories<br>(kcal) | 7.3<br>Total Fat (g) | 1.0<br>Saturated<br>Fat (g) | 17.0<br>Total Carbs<br>(g) |
| 11%                       | 10%                  | 5%                          | 7%                         |
| 0.0<br>Sugars (g)         | 21.0<br>Protein (g)  | 1.6<br>Fibre (g)            | 0.45<br>Sodium (g)         |
| 0%                        | 42%                  | 6%                          | 8%                         |

## Method

- [Cut](#) the chicken breast fillet into thin, long strips.
- Pulse the popcorn 3-4 times in a food processor, until it breaks down a little. You do not want it finely ground.
- Transfer to a bowl and add the breadcrumbs, thyme, salt and pepper.
- In a second bowl, add the eggs and whisk until combined.
- In a third bowl, add the flour.
- Dredge the chicken strips in the flour, making sure it is completely coated all over.
- Then, dip them in the egg mixture using a [slotted spoon](#).
- Last, coat in the popcorn mixture and gently press to adhere.
- Fill a [deep pan](#) with sunflower oil, until it is 3 cm in depth.
- Heat and add the chicken. Fry until golden and cooked through.
- Serve with spicy honey BBQ sauce.