

POPCORNER[®] Crusted Chicken Nuggets

Ingredients

- 3 cups SEA SALT
- 1/2 cup gluten-free flour
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 egg
- 1 tbsp hot sauce
- 1 tsp Worcestershire sauce
- 8 boneless skinless chicken breasts, cubed
- 1/4 cup vegetable oil
- 2 tbsp butter, melted

How to make it

1. In food processor, pulse POPCORNERS[®] Sea Salt until finely ground. Transfer to shallow dish.
2. In another shallow dish, whisk together gluten-free flour, salt and pepper.
3. In third shallow dish, whisk together egg, hot sauce and Worcestershire sauce.
4. Dredge chicken in flour mixture, dip in egg mixture and coat in crushed POPCORNERS[®]. Transfer to parchment paper-lined baking tray. Let stand for 10 minutes (this will help dry out and set the crust for a crispy coating).
5. Meanwhile, preheat oven to 400°F.
6. In large skillet set over medium heat, heat oil. Cook breaded chicken, flipping once, for 4 to 6 minutes or until golden brown. Transfer to another parchment paper-lined baking tray.
7. Bake for 8 to 10 min or until cooked through. Drizzle with melted butter before serving.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	15 min	30 min	4

Made with



SEA SALT