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# peanut & popcorn chicken

This recipe for peanut and popcorn-crusted chicken is a huge hit, juicy on the inside, crunchy on the outside and topped with an Asian-style peanut sauce to boot. Not only is this super-flavorful chicken easy to make, but it also delivers excitement and thrills to any lacklustre chicken repertoire.

SERVES: 4



julie albert & lisa gnat



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## ingredients

### Citrus Marinade

- ¼ cup fresh lime juice
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- ½ tsp chili powder
- ½ tsp lime zest
- 1/8 tsp kosher salt
- 1/8 tsp freshly ground black pepper

4 boneless, skinless chicken breast halves

- 3 cups popped plain popcorn
- ¾ cup coarsely chopped peanuts
- ½ tsp kosher salt
- 2 tbsp flour
- 1 egg
- 1 tsp soy sauce
- 1 tsp fresh lime juice

2 tbsp vegetable oil

### Creamy Peanut Sauce

- 6 tbsp smooth peanut butter
- 3 tbsp honey
- 2 tbsp soy sauce
- 2 tbsp fresh lime juice
- Pinch cayenne pepper

## directions

1. For the marinade, whisk together lime juice, Dijon mustard, olive oil, chili powder, lime zest, salt and pepper. Place chicken in a large glass bowl, coat with marinade and refrigerate 1-8 hours.
2. In a blender, process popcorn until finely ground. Pour into a shallow dish and stir in peanuts and salt set aside. Place flour in a shallow dish. In another shallow dish, whisk egg, soy sauce and lime juice until combined.
3. Preheat oven to 375°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Remove chicken breasts from marinade and dip each piece in flour, shake off excess. Dip in egg mixture and then into popcorn mixture, patting well to adhere. Heat a large skillet over medium-high heat and add vegetable oil. Brown chicken in skillet, cooking 2 minutes per side. Place chicken on baking sheet and finish cooking in oven for 15 minutes or until cooked through. Serve immediately with peanut sauce.
4. For the peanut sauce, in a small bowl whisk together peanut butter, honey, soy, lime juice and cayenne until smooth.

*“The laziest man I ever met put popcorn in his pancakes so they would turn over by themselves.”*

— W. C. FIELDS

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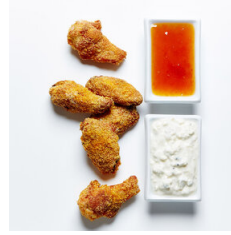
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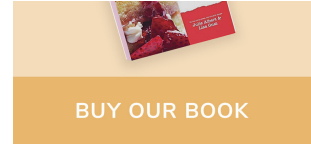
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