

GUASTELLO'S VILLAGE MARKET

Baked Crunchy Hot Honey Chicken

Serves 6

Ingredients

6 cups cornflakes (use gluten free, if needed)
1/4 cup grated parmesan cheese
1 teaspoon smoked paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
2 large eggs, beaten
2 tablespoons hot sauce
2 pounds chicken breast tenderloins
extra virgin olive oil, for drizzling

Hot Honey

1/2 cup honey
2-3 tablespoons hot sauce
1-3 teaspoons cayenne pepper
3/4 teaspoon chipotle chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
sea salt
fresh thyme, cilantro, or parsley, for serving

Instructions:

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

In a food processor, combine the cornflakes, parmesan, paprika, onion powder, garlic powder, and a pinch of salt. Pulse until you have fine crumbs. Alternatively, you can crush the crumbs in a ziplock bag by stepping on them. Dump the crumbs into a shallow bowl.

Beat the eggs in a bowl, add the hot sauce and chicken, and toss well to coat.

Dredge the chicken through the crumbs, covering fully. Place on the prepared baking sheet. For a thicker coating, dip the chicken back through the eggs, then through the crumbs a 2nd time. Place on the prepared baking sheet. Drizzle with olive oil. Bake for 20-25 minutes, until crisp all around.

Just before the chicken is done cooking, make the sauce. In a sauce pot, warm together the honey, hot sauce, cayenne, chili powder, onion powder, and garlic powder, plus a pinch of salt.

Drizzle the warm sauce over the chicken. Top with herbs. If the sauce thickens, warm for 5 seconds in the microwave. Enjoy!

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Credit: halfbakedharvest.com