



Chilli Honey, Crispy Chicken Tenders and Sweet Potato Fries (courtesy of @lelittlegourmand)

Serves 4

Prep Time: 40 mins

Ingredients

4 chicken breasts boneless skinless	1/8 tsp paprika
1 cup buttermilk	1/8 tsp garlic powder
2 large eggs beaten	1/8 tsp baking powder
2 cups flour	2 cups crushed cornflakes
2 1/2 tsp salt	vegetable oil for frying
3/4 tsp pepper	2 tbsp Jars of Goodness Chilli Honey

METHOD

Cut the chicken breasts into four tenders each and soak them in a bowl with the buttermilk

Add the eggs to one bowl and the flour and spices to a second bowl and cornflakes to a third bowl.

Dip each piece of chicken from the buttermilk bowl to the flour mixture, followed by the cornflakes.

Shake excess flour gently off and put the chicken onto a baking sheet.

Repeat with all the pieces.

Heat the oil in a wok

Fry the chicken in small batches for 5 to 7 minutes or until golden brown.

Once crunchy and golden brown, drizzle chilli honey over the chicken, serve with sweet potato fries and pickled gherkins.

