

Popcorn Crispy Chicken Bites

4 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Combine the mayo and half the salt in a large bowl. Add the chicken and toss to coat.
3. In a separate bowl, combine the bread crumbs and remaining salt. Transfer the chicken to the bowl of bread crumbs and coat evenly. Add the chicken to the baking sheet and bake for 12 to 15 minutes or until cooked through.
4. Remove the chicken from the oven, divide onto plates and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 2 to 3 days. Reheat in the oven or toaster oven.

No GF Bread Crumbs

Instead try shredded coconut, rolled oats, ground nuts or seeds.

No Mayo

Use veganise or egg instead.

Dipping Sauce

Serve with honey mustard, barbecue sauce, ketchup, mashed avocado or your favorite dressing.

Ingredients

- 1 **tbsp** Mayonnaise
- 1/2 **tsp** Sea Salt (divided)
- 9 **ozs** Chicken Breast (boneless, skinless, diced into cubes)
- 1/4 **cup** Gf Bread Crumbs