



Baked Popcorn Chicken

with BBQ Honey Mustard



30min



2 Servings

Get ready to fight over a plate of perfectly crispy popcorn chicken! We toss tender chicken strips in both cornstarch and toasted panko for extra crunch, then bake to a juicy crisp. Multiple dips in the creamy BBQ honey mustard sauce is strongly encouraged. Serve alongside a dollop of potato or macaroni salad for an easy lunch, add to an appetizer spread on game day, or enjoy on its own as a hearty snack.

What we send

- 10 oz pkg chicken breast strips
- 2 (¼ oz) cornstarch
- 2 oz panko ²
- 1 oz mayonnaise ^{1,3}
- 1 pkt Dijon mustard ⁴
- 2 (½ oz) honey
- 2 oz barbecue sauce

What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg ¹
- apple cider vinegar (or distilled white vinegar)

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

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Allergens

Egg (1), Wheat (2), Soy (3), Sulphites (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 30g, Carbs 44g, Protein 39g



1. Prep chicken

Preheat oven to 450°F with a rack in the upper third. Generously **oil** a rimmed baking sheet.

Pat **chicken** dry and cut any large strips into bite-size pieces; toss with **all of the cornstarch** and season with **salt** and **pepper**.



2. Bread chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **panko** and **a pinch each of salt and pepper**; cook, stirring, until golden brown, 2-3 minutes. Transfer to a shallow dish.

In a small bowl, beat **1 large egg** and **a pinch each of salt and pepper**.

Dip **chicken** in **egg**, letting excess drip back into bowl. Dredge in **panko**, pressing to help breading adhere.



3. Bake chicken

Place **chicken** on prepared baking sheet; drizzle with **oil**. Bake on upper oven rack until chicken is golden brown and cooked through, flipping halfway, 15-18 minutes (watch closely as ovens vary).



4. Make sauce & serve

Meanwhile, in a small bowl, stir together **mayonnaise**, **mustard**, **all of the honey**, **1 tablespoon barbecue sauce** (save rest for own use), and **½ teaspoon vinegar**; season to taste with **salt** and **pepper**.

Serve **popcorn chicken** with **BBQ honey mustard sauce** alongside for dipping. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon!