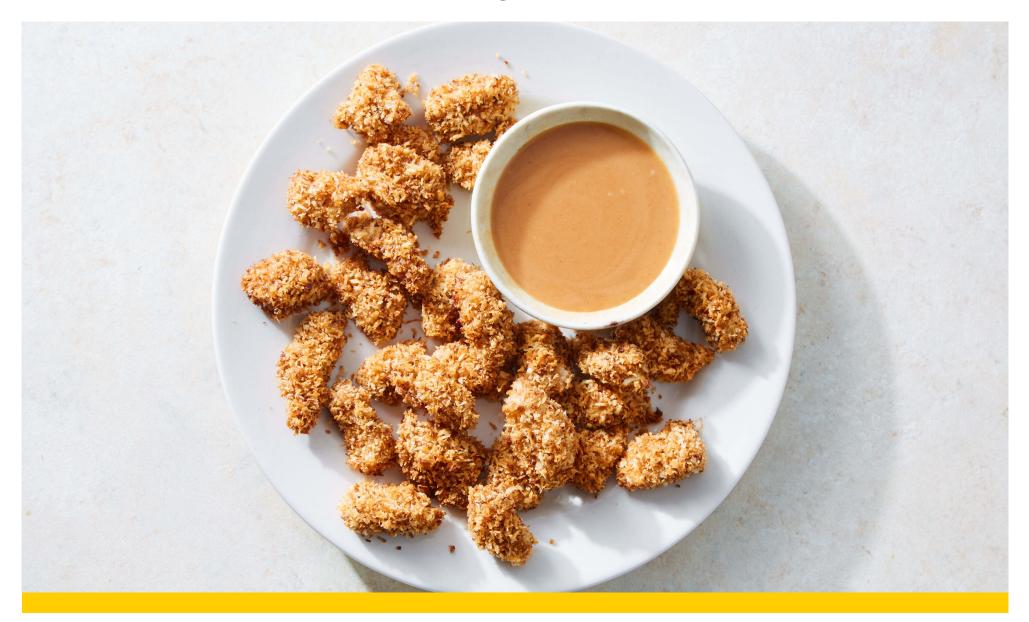
MARLEY SPOON



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 ¹
- 1 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷
- 2 (½ oz) honey
- 2 oz barbecue sauce

What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg ³
- apple cider vinegar (or distilled white vinegar)

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

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Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). 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

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STEP

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.



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).



Meanwhile, in a small bowl, stir together mayonnaise, mustard, all of the honey, 1 tablespoon barbecue sauce (save rest for own use), and 1/2 teaspoon vinegar; season to taste with **salt** and **pepper**.

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



Looking for more steps?



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