DietCloud – Recipe

Recipe Name: KFC Style Crispy Chicken Popcorn Recipe

Diet Type: Non-Vegetarian

Course: Appetizer

Cuisine: American

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Chicken breasts - boneless	2
• 2 teaspoon Garlic - minced	
• 1 tablespoon Lemon juice	
• 1 teaspoon Dried oregano	
• 1 teaspoon Dried Thyme Leaves	
• 1 teaspoon Rosemary	
• 1 teaspoon Red Chilli flakes	
• Salt - to taste	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Garam masala powder	
• 4 Whole Wheat Brown Bread	
• 1 Whole Egg	
• 1 tablespoon Milk	
• 1/2 cup All Purpose Flour (Maida)	

Preparation

• To marinate the chicken, in a mixing bowl, combine chicken, minced garlic, lemon juice, oregano, thyme, rosemary, chili flakes and salt.
• Alternatively if you do not have these herbs available individually, you can use 3 teaspoons of mixed herbs or any herbs of your choice.

• In the meanwhile, heat a griddle on medium-high flame, toast the slices of bread until crispy.
• Allow it to cool.

• Transfer the bread crumbs to a bowl, add cumin powder and garam masala mix and set aside.

• In another bowl, break the egg, add milk to the eggs and whisk lightly, set aside.
• Place the maida in a bowl and keep it ready.

• Put a little oil in each of the cavities.
• Arrange the components in the sequence of - chicken, egg, maida, bread crumbs.
• To coat the chicken popcorns, first start by dipping the marinated piece of chicken in egg, then roll in maida, dip it in egg once again, and finally roll it in the bread crumbs.
• Drop the chicken popcorns in each of the cavities and allow to cook and become crispy.
• After 3-4 minutes, flip the chicken on to the other side.
• Allow to cook.
• Drain on a kitchen towel so that it absorbs the excess oil.
• Serve hot.
• Alternatively, you can also deep fry the Crispy Chicken Popcorn in a frying pan until the popcorns turns golden in colour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)