

2 RECIPES FOR SWEET CHILI CHICKEN STRIPS

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BAKED SWEET CHILI CHICKEN STRIPS

INGREDIENTS

- Non-stick cooking spray
- 1 lb** Chicken (breast) (boneless) (skinless)
- 1 C** Corn flake crumbs
- 1 t** Montreal steak seasoning
- 3/4 C** Vegenaïse
- 1 t** Mustard (Dijon)
- 1 C** Sweet chili sauce (place in a 'meat' bowl)
- Scallions (chopped) (optional garnish)
- Sesame seeds (optional garnish)



DIRECTIONS

- 1 Pre-heat oven to 350 F & spray a baking sheet with the non-stick cooking spray
- 2 Cut the chicken breast into strips **OR** nuggets
- 3 Combine crumbs, salt & pepper in a small bowl
- 4 In a separate large bowl, combine vegenaïse & mustard
- 5 Coat the chicken with the vegenaïse/mustard mix & then coat them with the crumbs
- 6 Place the chicken pieces on the pan you prepared & bake for 25 - 30 minutes
- 7 Dip the chicken pieces in the chili sauce **OR** warm the sauce & place it in a bowl
- 8 Add the scallions & sesame seeds (optional) & serve



DEEP FRIED SWEET CHILI CHICKEN STRIPS

INGREDIENTS

Sauce

- 1/4 C Chicken broth
- 1 T Tamari sauce (low salt) **OR** Coconut Amino Acids
- 1 T Rice wine vinegar
- 2 T Sweet chili sauce
- 1 t Vegetable oil
- 1 T Sugar
- 1 t Cornstarch

Chicken Strips

- Vegetable oil (for frying)
- 1 Chicken (breast) (boneless) (skinless) (sliced into strips)
- 1/3 C Quinoa milk (unsweetened) **OR** Coconut milk
- 1/2 C Flour (all purpose) **OR** gluten-free
- 1/4 C Cornstarch
- 1 t Smoked paprika
- Green onions (Chopped)
- Sesame seeds



DIRECTIONS

- 1 In medium saucepan combine all the sauce ingredients
- 2 Bring to a boil, reduce heat & simmer until the sauce is slightly thickened
- 3 Remove from the heat & set aside
- 4 Heat oil in a deep fryer to 375 degrees
- 5 Pour quinoa milk into a shallow bowl
- 6 In another shallow bowl, whisk together flour, cornstarch, salt and pepper
- 7 Dip each chicken strip first into the quinoa milk & then roll it in the flour mix until evenly coated
- 8 Place chicken strips into the hot oil, a few at a time
- 9 Deep fry the chicken strips in batches until golden brown
- 10 Chicken should be fully cooked (the internal temperature has reached 165 degrees)
- 11 Remove each strip from the oil with a slotted spoon & drain on paper towels
- 12 Immediately toss the chicken strips with the sauce
- 13 Garnish chicken strips with green onions & sesame seeds

NOTES

Makes 2 servings



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