

## POPCORN CHICKEN WITH AIOLI

DAIRY  
FREE



 Serves 4    Prep Time 10 minutes    Cook Time 10–15 minutes    Easy As



### INGREDIENTS

- 400g skinless chicken breast fillets
- 1/3 cup flour
- 1 1/2 cup panko breadcrumbs
- 2 Tbsp Gregg's Lemon Pepper Seasoning
- 1 large egg, beaten

### METHOD

1. Cut the chicken into 3 cm square pieces. Line a baking tray with baking paper.
2. Put the flour onto a plate. On a separate plate, mix the panko crumbs and **Gregg's Lemon Pepper Seasoning**.
3. Dip the chicken pieces into the flour then into the beaten egg and then coat in the

- Vegetable oil for frying
- **HEINZ [SERIOUSLY] GOOD™ Garlic Aioli** or **HEINZ [SERIOUSLY] GOOD™ Aioli with Olive Oil**

- seasoned panko crumbs. Place on the prepared tray while heating the oil.
4. Pour oil into a deep pan to a depth of 1 cm. Heat the oil over medium heat. Drop a few of the panko crumbs into the oil and if they sizzle and rise to the surface the oil is ready. Add the chicken in batches. Cook for approximately 6–7 minutes, turning regularly, or until the chicken is cooked and golden. Keep warm in a 120°C oven while cooking the remaining chicken.
  5. Serve with **HEINZ [SERIOUSLY] GOOD™ Garlic Aioli** or **HEINZ [SERIOUSLY] GOOD™ Aioli with Olive Oil**.

## TIPS

Flavour up your **HEINZ [SERIOUSLY] GOOD™ Aioli with Olive Oil** by taking ½ cup aioli and add any of the below ingredient combinations:

- 1 Tbsp of your favourite pesto – basil, sundried tomato; or
- 1 Tbsp each of Finely chopped gherkins and sundried tomatoes; or
- ½ ripe avocado mashed; or
- ¼ tsp chilli paste – or more if you like it spicy; or
- 1-2 tsp good quality balsamic vinegar; or
- 1-2 Tbsp of your favourite chopped herbs – basil, parsley, dill.

## SWAP IT OUT

Flavour up your **HEINZ [SERIOUSLY] GOOD™ Garlic Aioli** by mixing ½ cup of aioli with one of these:

- 1 Tbsp each of finely chopped gherkins and sun-dried tomatoes
- ½ ripe avocado, mashed
- ¼ tsp chilli paste – or more if you like it spicy
- 1–2 tsp good quality balsamic vinegar
- 1–2 Tbsp of your favourite chopped herbs – e.g. basil, parsley, dill