

CRISPY CHICKEN SALAD WITH MANGOS AND SRIRACHA DRESSING



Serves 4

Ingredients

Chicken:

- 2 boneless, skinless chicken breasts
- 3/4 cup all-purpose flour
- 1 tablespoon each: garlic powder and smoked paprika
- 2 eggs, beaten with 1 tablespoon of water
- 1 1/2 cups panko (Japanese bread crumbs)
- 1/2 cup freshly grated Parmegiano cheese

Dressing:

- 1/4 cup each: honey and barbeque sauce
- 2 tablespoons each: Dijon mustard and apple cider vinegar
- 1/2 cup mayonnaise
- 3 teaspoons sriracha sauce

Salad:

- 3 cups mixed lettuce, such as romaine, spring and/or arugula - cleaned and dried
- 1 cup cubed mango (can use frozen, thawed)
- 1/2 cup sliced red onion
- 1/2 cup sliced almonds
- 2 avocados, sliced

Directions

Chicken:

- Place one chicken breast in a zip lock bag and pound out to 1/4-inch thick. Repeat with the second breast. Cut each breast in half. Sprinkle all sides with salt and pepper.
- Set up the breading procedure: mix flour, garlic powder, and paprika in a shallow plate. In a wide-rim bowl, beat together the eggs and water. In another shallow plate, mix together the panko and Parmigiano. Dip each chicken piece first in the flour, shake off the excess, and then dip in the egg wash and then pack on the panko.
- Pour 1/2-inch of vegetable oil into a large sauté pan and bring to medium heat. Once the oil is hot (test by putting in a few breadcrumbs - it should sizzle). Cooking two pieces at a time, fry the first side until golden brown and crispy, 2-3 minutes; turn and repeat on the other side. Lay cooked chicken on a paper towel-lined baking sheet to drain and cool. Slice chicken into strips.

Dressing and Salad:

- Whisk together the ingredients for the dressing. Season with salt and pepper. In a large bowl, toss together lettuce, mango, and red onion with two-thirds of the dressing. Separate salad onto 4 plates. Top with sliced chicken, almonds, and avocado. Serve with extra dressing on the side.

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