



SPICY CHICKEN STRIPS

HEAT LEVEL 🔥🔥🔥🔥

Enjoy the heat with our Spicy Chicken Strips - tender and flavorful strips seasoned to perfection for a spicy and satisfying snacking experience.

1 Hour 10 Mins

6 Servings

INGREDIENTS

560 ml (2¼ cups) cornflakes, crushed

15 ml (1 Tbsp) Spur Smokey BBQ Spice

10 ml (2 tsp) chopped fresh parsley or 3 ml (½ tsp) dried parsley

Freshly ground black pepper, to taste

4 (380 g) chicken breast fillets, each cut into 8 strips

80 ml (1/3 cup) cake flour

2 extra-large eggs, beaten

SWEET CHILLI SAUCE

125 ml (½ cup) Spur Salad & French Fry Dressing

30 ml (2 Tbsp) Spur Sweet Chilli Dressing

1 clove garlic, crushed

METHOD

- 1 Mix the cornflakes, Spur Smokey BBQ Spice, parsley and pepper together.
- 2 Roll chicken strips in the flour, then dip in egg until coated, then coat in cornflake mixture. Place in the fridge for about 30 minutes to prevent the crumbs from falling off when frying.
- 3 Mix sweet chilli sauce ingredients together and set aside.
- 4 Bake the strips at 200°C for 15 minutes. Serve warm with sauce to dip.

VARIATIONS

- 1 For a healthy alternative bake the chicken strips in the oven.

