

Crispy Honey Garlic Chicken

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 2 boneless, skinless chicken breasts
- 1/2 cup flour
- 1 tablespoon corn starch
- 1 Salt and pepper to taste
- 1/8 teaspoon ground nutmeg
- 1 teaspoon baking powder
- 1/2 teaspoon thyme
- 1/2 teaspoon sage
- 1/2 teaspoon sage
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cayenne
- 1 egg, beaten
- 1 tablespoon water
- 1 teaspoon garlic, minced
- 1/2 teaspoon ginger, minced
- 4 tablespoons honey
- 2 tablespoons soy sauce

Directions

1. Wrap the chicken breasts in plastic wrap and pound into 1/2" thickness with a meat mallet
2. Combine flour, corn starch, baking powder, salt and pepper to taste, nutmeg, thyme, sage, paprika and cayenne and stir to mix
3. Combine egg and water for the egg wash
4. Dredge the chicken with the flour mixture. Follow with a dip in the egg wash and final dredge of the flour mixture and coat thoroughly
5. Over medium heat, pan-fry the chicken in some oil (see note) until the crust is golden brown, about 3-5 minutes per side. Drain on paper towels
6. In a separate pan over medium high heat, sauté garlic and ginger until fragrant
7. Add honey and soy sauce and bring to a simmer, about 2 minutes
8. Dish the chicken and serve hot with honey garlic sauce

