

Asian Chili Chicken Bites

yield: 3-4 servings

Ingredients:

2 large chicken breasts {boneless & skinless}

1 cup all purpose flour

1 teaspoon garlic powder

salt and pepper, to taste

2 eggs

3 tablespoons milk

canola or peanut oil for frying

½ cup sweet chili sauce

sliced green onions or carrots, for garnish

Directions:

Pour 1-2 inches of oil into a deep skillet. Preheat over medium heat.

Cut chicken into bite sized pieces and set aside. In a shallow dish, stir together flour, garlic powder, salt and pepper. In another shallow dish, whisk egg, milk, salt and pepper together.

Toss chicken pieces into dry mixture first, then into the egg mixture and back to the dry. Make sure you coat the chicken completely during each step! Place chicken pieces into hot oil and fry until golden brown on each side. (About 3-4 minutes per side.) Remove and drain on paper towels. Sprinkle with salt. Transfer to a large bowl and toss with sweet chili sauce. Top with sliced green onions.