Coconut Chicken Bites



HUGREDIEUTS:

- ★ ½ cup fresh lime juice (approximately 3 limes)
- zest of 3 limes (reserve a pinch for garnish)
- **≠** 3 garlic cloves, minced
- **★** 1 cup Silk Original Coconutmilk +
- **★** 1 tablespoon, divided
- **≠** 2 teaspoons kosher salt, divided
- **★** ½ teaspoon fresh ground black pepper
- **★** 2 pounds boneless skinless chicken breasts, washed and trimmed
- **★** 4 cups corn flakes cereal
- 2 cups sweetened flaked coconut
- **★** 2 large eggs
- **★** 1 cup unseasoned bread crumbs
- **★** olive oil spray (aerosol or non-aerosol)

Method:

Step 1

Combine lime juice and zest, garlic, coconut milk, 1 teaspoon salt and pepper in a measuring cup. Beat with a fork to combine. Set aside.

Step 2

Lay chicken breasts on a cutting board, using a fork, prick the chicken several times to help tenderize the meat. Cut chicken into bite size pieces. Place chicken in a 1 gallon resealable zip top bag. Place in the refrigerator to marinate (30 minutes, up to over night).

Step 3

Preheat oven to 425°F. Prepare 2 baking sheets with olive oil spray. Set aside.

Step 4

Prepare coatings. In a 1 gallon zip top bag add corn flakes. Seal and press on bag to crush cereal.

Sten 5

Once crushed up to small pieces add coconut and 1 teaspoon salt. Toss to combine. Set aside.

Step 6

In a medium dish beat 2 eggs and a tablespoon coconut milk until well combined. Set aside.

Step 7

In a 1 gallon zip top bag add bread crumbs. Set aside.

Step 8

Remove chicken from refrigerator and drain marinade.

Information source from - http://www.theslowroasteditalian.com/2014/05/coconut-lime-chicken-bites-recipe.html?m=1

Step 9

Line up your prep station on a clean counter: marinated chicken, bread crumb bag, egg wash, and coconut mixture and baking sheet. (Or reverse it if you prefer your baking sheet on the far left side).

Step 10

A few pieces at a time toss chicken into bread crumbs, toss to lightly coat. Transfer chicken pieces into egg wash. Toss chicken to coat and place into coconut mixture. Toss to coat well and press coconut mixture onto chicken if necessary. Place chicken onto prepared baking sheet. Once the baking sheet is full, spray lightly with olive oil spray and set aside while you prepare the second sheet.

Step 11

Prepare the second sheet the same as the first. Place baking sheets into oven and bake for 12-15 minutes. Flip chicken bites after 10 minutes. Cook until coating is golden brown and chicken is cooked through.

Step 12

Garnish with reserved lime zest, serve and enjoy!

