

PECAN POPCORN CHICKEN

🕒 15 mins Prep | 15 mins Cooking

This Pecan Popcorn Chicken makes for the perfect kid-friendly snack! Pecan-crusted chicken bites are paired with a cajun garlic dipping sauce for an extra kick.

INGREDIENTS

Pecan Mixture:

1 3/4 cup finely ground pecans,
using food processor
1/2 teaspoon sea salt
1/2 teaspoon pepper
1/2 teaspoon paprika
1/4 teaspoon cayenne
1/2 teaspoon garlic powder
1/2 teaspoon chili powder

Egg White Mixture:

2 egg whites
1/2 teaspoon salt
1/2 teaspoon pepper

Other Ingredients:

METHOD

1. Mix all ingredients for the pecan mixture in a medium mixing bowl and set aside.
2. Place arrowroot and egg white mixture in a separate mixing bowls and set aside.
3. Line a baking sheet with parchment paper and set next to the three mixing bowls.
4. Place chicken in the egg mixture, dredge in arrowroot flour, place back into the egg mixture and then dredge in pecan mixture. Make sure to coat the chicken generously in the pecan mix.
5. Heat the avocado oil in a large skillet over medium heat. Splash a drop of

1 pound boneless skinless
chicken breasts, cut into bite-
sized pieces

1/2 cup arrowroot flour

1/4 cup avocado oil, pecan oil,
or oil of choice, more as
necessary for frying

Cajun Garlic Dipping Sauce:

(makes 1/3 cup)

1 tablespoon dijon mustard

3 garlic cloves minced

1/3 cup mayonnaise

1/4 teaspoon sea salt, more to
taste

1/2 teaspoon pepper

1 teaspoon paprika

1 teaspoon onion powder

1 teaspoon garlic powder

1/4 teaspoon cayenne pepper

2 teaspoons Italian seasoning

1 teaspoon lemon juice

water in it, if it sizzles, it is ready to go!

6. Carefully, place the chicken in the hot
skillet and fry for about 8 to 10 minutes,
or until the chicken reaches an internal
temperature of 165 degrees F.

7. *Make the Cajun garlic dipping sauce:*

While chicken is cooking, place the cajun
garlic dipping sauce ingredients into a
high-speed blender. Blend until just
combined. Taste and adjust lemon and
spices as necessary. Pour into desired
serving cups and set aside until ready to
eat.

8. Serve warm!

Recipe notes:

*Bake the chicken poppers instead of frying:
Pre-heat oven to 400 degrees F. Bake for 12
minutes. Transfer chicken to the top rack of
the oven and broil on high for 1-2 minutes on
each side, until the outside is golden and the
chicken reaches an internal temperature of
165 degrees F.

NUTRITION FACTS

Calories	Fat	Sat Fat	Sodium
680	56 g	7 g	810 mg
Carbs	Fiber	Protein	
23 g	4 g	27 g	