

to healthier, happier you

Get ready to a quick and delicious
meal with this Crispy Glazed Chicken

It's crispy, juicy, sweet, and so addicting! Just what you need for your busy days.
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

100g of cooked rice of your choice, I used basmati
175g of raw chicken breast
2 garlic cloves, chopped
1 tsp of olive oil
1 tsp of garlic powder
1 tsp of onion powder
1 tsp of hot sauce, optional
1 tsp of paprika
1 tsp of soy sauce
1 egg
2 cups of crushed cornflakes
scallions to garnish

Glaze:
30ml of soy sauce
20g of honey
1 tsp of chili flakes
1 tsp hot sauce, optional
30ml of water

INSTRUCTIONS:

Start by preparing your rice. In a pan, heat 1 tsp of olive oil over medium heat and sauté the 1 chopped garlic until fragrant. Add the cooked basmati rice to the pan, stirring well to combine the garlic. Set the garlic rice aside, keeping it warm until serving.

Next, preheat your oven to 400°F (200°C) or set your air fryer to 375°F (190°C). In a dish, combine chicken breast, the garlic powder, onion powder, hot sauce, paprika, soy sauce and egg. Dip the chicken breast into the crushed cornflakes, pressing lightly to ensure an even coating.

Place the coated chicken breast on a baking sheet lined with parchment paper if using the oven, or directly into the air fryer basket. Bake in the oven for 20 minutes or air fry for 15-20 minutes, or until the chicken is cooked through and the coating is golden and crispy.

While the chicken cooks, prepare the glaze by mixing soy sauce, honey, chili flakes, hot sauce, and water in a small saucepan. Bring to a simmer over medium heat, stirring until the glaze thickens slightly. Drizzle the glaze over the crispy chicken just before serving. Garnish with chopped scallions and serve alongside the warm rice and some veggies. ENJOY!

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