SHAKE & BAKE POPCORN CHICKEN

Serves 4

INGREDIENTS

500g chicken breasts
½ cup Nola Ultra Creamy Mayonnaise
4 cups corn flakes
2 tbsp Rainbow Spice It All
2 tbsp Rainbow Barbeque Spice

METHOD

1. Preheat the oven to 190°C. Line a large baking sheet with baking paper.
2. Place chicken breasts on a chopping board and pat dry with paper towels. Using a sharp knife, cut into 3cm cubes.
3. In a medium bowl, stir the mayonnaise and chicken pieces together until well-coated. Set aside.
4. Place corn flakes into a large resealable bag and seal shut. Using a rolling pin, beat the cornflakes until they resemble a coarse crumb.
5. Place half the corn flake crumb into a second re-sealable bag and flavour one with Rainbow Spice It All and the other with Rainbow Barbecue Spice. Shake the bags to evenly distribute the spice.
6. Divide the chicken pieces into each bag and shake to coat.
7. Arrange the chicken spice pops in a single layer of the baking tray. Bake for 15 minutes, until golden and crispy!
8. Serve the pops alongside fries and a tomato sauce and mayo dipping sauce, or with mash, gravy and corn on the cob and ENJOY!

FOODIES OF SOUTH AFRICA