



Crispy Hot Honey Chicken – (adapted from Hello Fresh)

2 skinless/boneless chick breasts

1 tsp dry smokery BBQ seasoning (optional)

1 cup panko breadcrumbs

½ c sour cream

Dash of salt & pepper

Hot Honey to drizzle on chicken

A few tablespoons of Olive oil

Take chicken* and pat dry. Sprinkle dry BBQ, salt & pepper on chicken. Smear sour cream onto chick, coating. Coat chicken with panko breadcrumbs.

Heat olive oil in frying pan over medium heat. Add chicken and cook until panko is golden brown, and chicken is cooked through, 4-5 minutes each side. Transfer to paper towel for excess oil, then onto plate.

Drizzle hot honey over each piece or serve as a dipping sauce to the side.

*I find that either pounding out the fat end of the breast or slicing in half will ensure more even cooking through the breast. Sometimes I will cut off the end of the breast, then slice the fat end in half and have 3 cutlets.