

Popcorn Chicken with Zingy Soured Cream Dip



Serves 2

Prep 30 mins

Cooking 15 mins

Easy

Ingredients

25g salted popcorn
85g stale bread or breadcrumb
1 tsp paprika
50g plain flour
1 large egg
2 skinless chicken breasts, cut into long thin strips
oil, for frying

For the dip

150ml pot soured cream
zest of 1 lime
juice of 1/2 lime
handful of finely chopped chives

1. Put the popcorn, bread or breadcrumbs and paprika in a food processor and blend until finely chopped. Tip into a wide, shallow bowl. Whisk the egg in a second bowl, and mix the flour with some seasoning in a third bowl.
2. Dip the chicken strips first into the seasoned flour, then into the egg mixture, and finally into the popcorn breadcrumbs – press the crumbs onto the chicken to help them stick. Continue until all the chicken pieces are coated, then chill for 30 mins, or up to 1 day. Mix together the ingredients for the dip in a small bowl.
3. When ready to cook the chicken, heat enough oil to just cover the surface of a large frying pan. Once hot, cook the chicken pieces for 2-3 mins on each side (in batches so you don't overcrowd the pan) until golden and cooked through. Drain on kitchen paper. Serve warm with the dip on the side.