

BAKED CRISPY POPCORN CHICKEN

Inspired by the traditional Satay, I wanted to recreate those delicious flavours but in a modern easy healthy way. Using Amoy's delicious and versatile Peanut Satay sauce as the inspiration and star, for baked spiced crispy chicken pieces for an authentic flavoured fuss free dish versatile enough to make as an appetiser.



Ingredients

For the Baked Spiced Crispy Chicken Pieces

- 300g Chicken thighs, skin off, deboned, sliced to 2cm pieces
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried chilli flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon sea salt
- 1 tablespoon grated fresh lemongrass (optional)

For the Flour seasoning

- 1/2 cup plain flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cayenne chilli powder
- 10 sprays of olive oil

To serve

- 100g cucumber, middle removed, sliced to 1 cm batons
- 100g carrots, peeled, sliced to 1cm batons
- 120g Amoy Peanut Satay Sauce**

Method

1. Prepare all the carrot and cucumber. Keep chilled.
2. Preheat the oven to 180 degrees.
3. In a large bowl and add all the spice marinade ingredients, toss to mix well. Mix coating the chicken well.
4. In a shallow bowl, mix together the flour and seasoning ingredients. Toss the chicken pieces in the seasoned flour, shake off any excess. Place the chicken on a glass heatproof roasting tray, sprayed with 5 sprays of olive oil. Place the chicken pieces on the tray and then spray with 5 more sprays of olive oil. (By using olive oil spray – reduces the amount of oil used and is lower in calories, this method is healthier than frying and cooks the chicken well).
5. Bake the chicken for 20-25 minutes at 180 degrees. Halfway through baking, using tongs to turn the chicken for even cooking.
6. To serve, transfer the chicken pieces to a serving bowl, place some long bamboo serving sticks, serve with **Amoy Peanut Satay sauce** decanted to a dipping sauce bowl, and some sliced carrots and cucumber. Garnish with coriander sprigs over the chicken. Serve immediately.