



COCONUT CHICKEN FINGERS

Makes 2 servings

INGREDIENTS

- 1 lb skinless, boneless chicken breast halves
- 1/2 cup sweetened shredded coconut
- 1/2 cup bread crumbs, preferably panko
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1 large egg, beaten
- 3 tablespoons all-purpose flour
- 4 teaspoons canola oil, divided

INSTRUCTIONS

Place the chicken on a cutting board and slice each chicken breast into 1/2 inch thick by 4-inch long strips (to yield about 7 strips per breast).

Place the coconut, bread crumbs, salt, ginger, and garlic powder in a medium bowl and stir to combine. Use a fork or your fingers to break up any clumps of coconut.

Place the egg in another bowl and the flour on a plate. To bread the chicken, coat both sides with the flour and shake off the excess. Dip in the egg and then coat evenly with the coconut mixture.

Heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until the bottoms are golden brown, about 4 to 5 minutes. Reduce the heat if the coconut browns too quickly. Flip the chicken strips, add the remaining oil, and cook until the meat is no longer pink and the bottoms are golden brown, about 4 minutes.