

Fried Chick'n

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Preparing the Marinade

To prepare the marinade, in a mixing bowl whisk all ingredients together and combine thoroughly.

Step 1: Preparing the Marinade

- 1 tbsp garlic, minced
- 1 tsp Tabasco
- 1 to 2 tsp chipotle purée
- 1 lime, juiced
- 1 tsp sea salt
- 1/3 cup coconut milk (or unsweetened soy milk)
- 4 pieces of Gardein Chick'n Scallopini

Step 2: Preparing the Fried Chik'n

- 1 cup all-purpose flour
- 1 tbsp sea salt
- 1 tsp freshly ground black pepper
- oil for shallow frying

To prepare the Chick'n, lay the Gardein Scallopini in the marinade, making sure the product is fully covered. Marinate for up to 20 minutes for best results.

Next, prepare the breading in a separate bowl by combining the flour, salt and pepper. Set aside.

Heat up the oil in a fry pan for shallow frying. Remove the Chick'n from the marinade, shake out gently and place in flour mixture, coating it well. *For extra crispiness, bread the Chick'n a second time. To do this, after the first breading, place the coated Chick'n back into the marinade and then re-coat with flour.

Shallow fry, turning once so that both sides of the Chick'n are a golden color. Remove from the pan and place on paper towels or a rack to drain.

Serve with your favorite mash and sautéed greens or paired with Horseradish Béchamel and Bourbon Spiced Maple Syrup for a savory and sweet variation.