**Double Crunch Honey Garlic Chicken**

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4 servings - 15 minute prep - 15 minute cook

**Ingredients**

* 4 large boneless skinless chicken breasts

Breading / Dredge

* 1 cup flour and 1 cup of cornstarch
* 3 tsp salt
* 4 tsp black pepper
* 3 tbsp ground ginger
* 1 tbsp ground nutmeg
* 2 tsp ground thyme
* 2 tsp ground sage
* 1 tsp cayenne or chili pepper
* 2 tbsp paprika

Egg Wash

* 3 eggs
* 8 tbsp water

Honey Garlic Sauce

* 2 tbsp olive oil
* 3-4 cloves minced garlic (3 to 4 teaspoons of minced bottle garlic)
* 1 cup honey
* 1/4 cup soy sauce, I prefer low sodium
* 1 tsp ground black pepper

* vegetable or canola oil for frying

**Directions**

1. Place a single chicken breast in a ziplock freezer bag or between 2 sheets of plastic wrap and using a meat mallet or rolling pin, pound the meat to an even 1/2 inch thickness.
2. Mix together the flour, salt, black pepper, ground ginger, nutmeg, thyme, sage paprika and cayenne/chili pepper. NOTE: This breading/dredge mix is enough for two batches of this chicken recipe so divide the batch and store 1/2 in a Ziploc baggie in the freezer.
3. Make an egg wash by whisking together the eggs and water.
4. Dip the meat in the flour and spice mixture. Dip the breast into the egg wash and then again into the flour/dredge mix, pressing the mix into the meat to get good contact.
5. Heat a skillet (I use my cast iron fry pan) on medium on the stove with about an inch of  oil covering the bottom. You will want to carefully watch the temperature  so that the chicken does not brown too quickly. The thinness of the breast meat practically guarantees that it will be fully cooked by the time the outside is browned.  doing a couple at a time, gently fry for about 4 or 5 minutes per side until golden brown and crispy.
6. Drain on a wire rack for a couple of minutes before dipping the cooked breasts into the Honey Garlic Sauce. Serve with rice, noodle, veggies.
7. To make the Honey Garlic Sauce:
8. In a medium saucepan add the 2 tbsp olive oil and minced garlic. Cook over medium heat to soften the garlic but do not let it brown.
9. Add the honey, soy sauce and black pepper.
10. Simmer together for 5-10 minutes, remove from heat and allow to cool for a few minutes., this will allow the sauce to thicken up.
11. Dip each piece of meat in to slightly cooled Honey Garlic Sauce and serve. Use extra sauce for dipping or over side dish.

Enjoy!!