

Popcorn coating for meats

- Coats 4 medium chicken breasts each cut into 3 pieces
- 1 recipe = 10g carbohydrate
- 1 serving = 2.5g carbohydrate

You will need: A large bag of shop bough, or homemade popcorn
A large Food Ziplock bag
A rolling pin or potato masher
A teaspoon (tsp)

Ingredients	Quantity	Your recipe
Popcorn, lightly salted (10g carbohydrates)	20g/500ml	
Suitable spices or dried herbs (any flavour)	2 tsp	

Method:

1. Weigh out 20g popcorn (500ml), and place in the Ziplock bag.
2. Measure 1 tsp of preferred suitable spices or herbs and add to the bag.
3. Press out excess air from the bag and seal it well.
4. Gently press the popcorn with a rolling pin or potato masher until the popcorn has turned into crumbs.
5. Shake the bag until spices and/or herbs are well mixed with the popcorn crumbs. The coating is now ready for use.

*Chef's
tip*

Always check with your dietitian what is suitable for you

- Chilli spices and hot and smoked paprika works well with the popcorn coating.
- Use dry herbs as fresh herbs make the popcorn mix a little moist.
- Great for BBQ cooking

Refer to labels for allergens and other product information.



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Popcorn Coated Crispy Chicken

- Serves 4
- 1 serving = 3 chicken pieces
- 1 serving = 2.5g carbohydrate

You will need:

Baking tray, lined with non-stick baking paper, or a large oven proof dish, lightly oiled
A fork
A medium bowl
A medium plate

Ingredients	Quantity	Your recipe
Flavoured popcorn coating (see recipe)	1 batch	
Medium chicken breasts, each cut into 3 pieces	4	
Egg	1	

Method:

1. Heat the oven to 200C/ Fan 180C.
2. Line a baking tray, or lightly oil an oven proof dish, if using.
3. Cut each chicken breast into 3 pieces.
4. Whisk the egg in a medium bowl with the fork.
5. Pour the flavoured popcorn on the plate.
6. Using your clean fingers, or a fork, coat each chicken piece first with the egg mix and then roll it lightly in the popcorn mix.
7. Place the coated chicken piece on the baking tray.
8. Repeat the previous 2 steps until all chicken pieces are coated and placed on the baking tray.
9. Place the baking tray in the heated oven and bake for 25-30 minutes until thoroughly cooked.

Serving
Suggestion

Always check with your dietitian what is suitable for you

- Squeeze a little lemon juice on the chicken pieces and serve with fresh mixed salad and other fresh or steamed vegetables.

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