

# Baked Chicken Poppers

Recipe By Ashira Mirsky



Cooking and Prep:  45  
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Serves:  4

Contains:   

Preference: Meat

Difficulty: Easy

For those of you missing Dougies, Baked Chicken Poppers is the ultimate answer to "fakeout takeout!"

## Ingredients (8)

### Main ingredients

- 1 (1 and 1/2 to 2-pound) package of boneless chicken (cut up into cubes)
- 2 cups flour
- 2 eggs
- 3-4 cups crushed cornflakes (I used the cereal and crushed it by hand for a thicker consistency)
- 1/4 cup Frank's hot sauce
- 1 cup dark brown sugar
- 2 teaspoons canola oil
- 1 cup ketchup like [Heaven & Earth](#)

## Start Cooking

### Prepare the Chicken Poppers

1. To avoid a mess in the kitchen, create an assembly line. Use small disposable pans or bowls. In one, place the flour. In the second, place the whisked eggs. In the third, place the crushed cornflakes.
2. Dredge each piece of chicken in flour, then egg, then cornflakes, and place in a nine- by 13- inch pan.
3. Spray the tops of the chicken nuggets well with cooking spray and bake at 425 degrees Fahrenheit for 20–25 minutes until golden and crispy.
4. Meanwhile, mix the ketchup, oil, brown sugar and hot sauce.
5. Pour the desired amount over the cooked nuggets and bake for an additional 10–15 minutes.