

Fried chicken with fleur de sel, avocado hummus, tomato and black pepper coulis |

Recipe for 12 Tapas

Description

Nothing better than fried chicken with a spicy avocado sauce!

Note

The chicken thighs are much more tender than the chicken breasts.

Ingredients

Fried chicken

- 500 Gr Boneless chicken thigh
- 100 Gr Japanese breadcrumbs (panko)
- 100 Gr Flour
- 125 Gr Egg white
- 1 Pinch(es) Sea salt flakes
- 10 Leaf(ves) Basil

- Salt and pepper

Avocado hummus

- 1 Unit(s) Avocado
- 150 Gr Chickpeas
- 1 Pinch(es) Dried ancho pepper
- 1 Unit(s) Lemon juice
- 50 Ml Olive oil
- 2 Clove(s) Crushed garlic

- Salt and pepper

Tomato coulis

- 200 Gr Cherry tomatoes
- 100 Gr Butter
- 50 Ml Olive oil
- 4 Clove(s) Crushed garlic
- 5 Leaf(ves) Basil
- 0.50 Tsp Cornstarch

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

Preparation

Remove the flesh from the avocados.

Pluck the basil leaves.

Lightly beat the eggs to combine and break apart.

Fried chicken

Cut the chicken thighs in 2. Pass each piece of chicken in flour, followed by the egg mixture and

finally in the panko and fleur de sel.

Place the breaded chicken on a baking sheet and cook in the oven for 12-15 minutes. Make sure they are nice and golden before removing.

You can always fry them directly in a fryer.

Avocado hummus

Combine all of the ingredients in a blender and blend until smooth. You can add water if too thick. Season to taste and set aside in the fridge.

Tomato coulis

In an oven safe dish, place all of the ingredients, cover with aluminum foil and bake in the oven for 20 minutes at 400°F.

Once you remove from the oven, blend until smooth. Season to taste. Let cool before serving.

Plating

Place the fried chicken on a serving platter or plate, drizzle with the tomato coulis and add a pinch of fleur de sel and the garnish with basil leaves.

Serve a bowl of the avocado dip on the side.

Bon appétit!