

# Double Crunch Honey Garlic Chicken

Servings : 4

Amount	Measure	Ingredient - Preparation Method
4	large	boneless chicken breasts
		flour mixture
2	cups	flour
4	teaspoons	salt
4	teaspoons	black pepper
3	tablespoons	ground ginger
2	tablespoons	ground nutmeg
2	teaspoons	ground thyme
2	teaspoons	ground sage
2	tablespoons	paprika
1	teaspoon	cayenne
		egg wash
4		eggs
8	tablespoons	water
		Honey Garlic Sauce
2	tablespoons	olive oil
4	cloves	garlic - minced
1	cup	honey
1/4	cup	soy sauce
1	teaspoon	black pepper

Pound breasts to 1/2" thickness.

Sift together flour mixture ingredients, and whisk together egg wash.

Season chicken with salt and pepper, then dip into flour mixture. Dip into eggwash then into flour mixture again, pressing to adhere.

Heat a skillet with 1/2" canola oil on med heat. Fry breasts for 4-5 minutes per side until golden and crispy. Dip into honey garlic sauce.

In a medium saucepan cook garlic until softened in oil over med heat. Add remaining ingredients and simmer for 5-10 minutes. Let cool for a few minutes.