

FUNYUNS® Air Fryer Crispy Chicken with Roasted Vegetable Mash

Ingredients

Roasted Vegetable Mash

- 2 tbsp red miso paste
- 1 tbsp liquid honey
- 1 tbsp sesame oil
- 1 head garlic
- 2 tbsp canola oil, divided
- 2 parsnips, halved lengthwise
- 1 small head cauliflower, cut into 1-inch steaks
- 1 cup chicken broth or dashi broth, warmed

Air Fryer Crispy Chicken

- 4 cups FUNYUNS® Onion Flavored Rings
- 2 boneless skinless chicken breasts, halved horizontally
- 1 tsp salt
- 1/2 tsp chili powder
- 2 eggs
- 4 tbsp store-bought chili crisp

How to make it

[title]Roasted Vegetable Mash

2. Preheat oven to 425°F.
3. In small bowl, stir together miso paste, honey and sesame oil.
4. Slice off tip from head of garlic just enough to reveal cloves.
5. Drizzle 1 ½ tbsp canola oil over large baking sheet. Arrange parsnips, cauliflower and garlic on prepared baking sheet. Drizzle remaining oil



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
60 min	50 min	110 min	4

Made with



FUNYUNS® Onion Flavored Rings

over top of garlic head. Brush veggies with miso mixture.

6. Bake for 30 to 40 minutes or until vegetables are golden brown and tender.
7. Transfer parsnips, cauliflower and broth to blender. Squeeze out garlic cloves into blender; purée until smooth.

[title]Air Fryer Crispy Chicken

9. Using fingertips or food processor, finely crush FUNYUNS® Onion Flavored Rings.
10. Pat chicken dry with paper towel. Season with salt and chili powder.
11. In shallow bowl, whisk together eggs.
12. Dip chicken in beaten eggs, then roll in ground FUNYUNS® until well coated.
13. Preheat air fryer to 400°F according to manufacturer's instructions.
14. Arrange breaded chicken in air-fryer basket.
15. Air-fry, flipping once, for 16 to 20 minutes or until golden brown, cooked through and instant-read thermometer registers 165°F when inserted into thickest part of chicken. Let rest for 5 minutes and slice.
16. Serve crispy chicken slices over mash. Drizzle with chili crisp.