

POPCORNER® Baked Avocado Ranch Crispy Chicken Sandwich

Ingredients

- 2 cups SEA SALT
- 1/2 cup all-purpose flour
- 1 pkg (1 oz) ranch dip seasoning
- 1/2 cup buttermilk
- 2 small boneless skinless chicken breasts
- 1/2 cup sour cream
- 1 tbsp pure maple syrup
- Dash liquid smoke
- 2 buns, split
- 1/2 cup chopped romaine lettuce
- 1 small avocado, peeled, halved, pitted and sliced

How to make it

1. Preheat toaster oven or oven to 425°F.
2. Using fingertips, in medium bowl, crush POPCORNERS® Sea Salt until finely crushed.
3. In shallow dish, whisk together flour and ranch seasoning until combined.
4. Transfer buttermilk to another shallow dish.
5. Dredge chicken in flour mixture, dip in buttermilk and coat in crushed POPCORNERS®. Arrange breaded chicken on small foil-lined baking sheet.
6. Bake for 12 to 15 minutes or until golden brown, cooked through and instant-read thermometer registers 165°F when inserted into thickest part of chicken.
7. Meanwhile, in small bowl, whisk together sour cream, maple syrup and liquid smoke.
8. Assemble chicken in buns with lettuce, avocado and sour cream mixture.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	15 min	30 min	2

Made with



SEA SALT