



SPICY FRIED "CHICKEN"

@KICKCRAMPSASS

SERVES 4

INGREDIENTS

- MARINADE
 - 1 CUP NON-DAIRY MILK (OAT, HEMP OR ALMOND)
 - 1/2 CUP HOT SAUCE (LOUISIANA GOLD)
 - 1 TABLESPOON LIQUID SMOKE
 - THYME TO TASTE
 - CAJUN SEASONING TO TASTE
 - 1/4 TABLESPOON GINGER
 - 1/4 TABLESPOON TURMERIC
- MAIN INGREDIENTS
 - 2 - 14 OZ CANS JACKFRUIT (MARINATED)
 - 3 TABLESPOONS NON-DAIRY BUTTER (WE USE EARTH BALANCE)
- BREADING MIXTURE
 - 1/2 TABLESPOON GARLIC POWDER
 - 1/2 TABLESPOON ONION POWDER
 - 1 TEASPOON BLACK PEPPER
 - 1 TABLESPOON DATE SYRUP
 - 2 1/2 TABLESPOON CAYENNE PEPPER
 - 2 TABLESPOONS CORNSTARCH
 - 1 1/2 CUPS WHOLE GRAIN FLOUR (WE PREFER QUINOA OR TEFF)
 - 2 TEASPOONS PAPRIKA
 - 3/4 CUPS PANKO BREADCRUMBS

NUTRITIONAL FACTS

PER SERVING

- CALORIES: 390
- TOTAL FAT: 11.47G
- SATURATED FAT: 1.98G
- SODIUM: 477MG
- POTASSIUM: 1501MG
- TOTAL CARBOHYDRATES: 114.23G
- DIETARY FIBER: 12.2G
- SUGARS: 49.1G (NO ADDED SUGAR)
- PROTEIN: 16.44G
- VITAMIN A: 2475.5IU
- VITAMIN B12: 0.07UG
- VITAMIN D: 25.5IU
- VITAMIN C: 31.2G
- CALCIUM: 196.3MG
- IRON: 5.19MG

PROCEDURE

- 01 IN A LARGE BOWL, COMBINE THE INGREDIENTS FOR THE "MARINADE."
- 02 TRANSFER THE TRIMMED JACKFRUIT TO THE MARINADE AND LET SIT FOR 30 MINUTES, STIR TO COVER ALL PIECES.
- 03 WHILE THE JACKFRUIT IS MARINATING BEGIN COMBINING THE INGREDIENTS FOR THE BREADING MIXTURE IN A SEPARATE LARGE BOWL.
- 04 ONCE THE JACKFRUIT IS DONE MARINATING, SPOON OUT EACH OF THE PIECES TO A SEPARATE MEDIUM SIZED BOWL, RESERVING THE LEFTOVER LIQUID.
- 05 TRANSFER THE LEFTOVER MARINADE LIQUID TO A LIQUID MEASURING CUP. IN THE SAME BOWL THAT HAD THE MARINADE LIQUID, ADD IN 1/2 CUP OF FLOUR. SLOWLY POUR THE MARINADE LIQUID BACK INTO THE BOWL WITH THE FLOUR WHILE WHISKING TO COMBINE UNTIL YOU HAVE CREATED A PANCAKE-LIKE CONSISTENCY.
- 06 ARRANGE YOUR THREE BOWLS IN THE FOLLOWING ORDER: JACKFRUIT PIECES (FURTHEST FROM THE AIR FRYER BASKET), LIQUID BATTER, BREADING MIXTURE (CLOSEST TO THE AIR FRYER BASKET).
- 07 USE A SPOON OR TONGS TO DIP THE JACKFRUIT PIECES INTO THE LIQUID BATTER, THEN GENTLY PRESS EACH PIECE INTO THE BREADING MIXTURE SO THAT IT IS WELL-COATED ON EACH SIDE, THEN INTO THE AIR FRYER BASKET.
- 08 MELT BUTTER AND POUR OVER BREADED PIECES.
- 09 COOK ON AIR FRYER SETTING AT 400° FOR 20 MINUTES. ENJOY!