

Planet Hollywood's Captain Crunch Chicken

Serving Size : 1

Categories :Chicken

INGREDIENTS:

2cups Captain Crunch Cereal, crush

1 1/2cupsCornflakes, crush

1Egg, 1cupMilk, 1cupAll purpose flour

1teaspoon Onion powder, 1teaspoonGarlic powder

1/2 teaspoon Black pepper,

2 pounds Chicken breast; skin, bone1oz tenders

Vegetable oil for frying

Preparation Instructions: Beat the egg with milk and set aside. Stir together the flour, onion and garlic powders and black pepper. Set this aside also. Dip the chicken pieces into the seasoned flour. Move around to coat well, then shake off the excess flour. Dip into the egg wash, coating well, then dip into the cereal mixture, coating well. Heat oil in a large heavy skillet to 325~. Drop coated chicken tenders carefully into the hot oil and cook until golden brown and fully cooked, 3 to 5 minutes depending on size. Drain and serve immediately with Creole mustard sauce.