

Chicken Parmesan with Jai's Drop 23 Chilli Bourbon Sauce and Hot Chips!

Ingredients:

For the Chicken Parmesan:

- 4 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup breadcrumbs (panko or regular)
- 1 cup grated Parmesan cheese
- 1 cup Jai's Drop 23 Chilli Bourbon Sauce
- 2 cups Jai's Drop 23 Spag a Bol sauce
- 1 ½ cups shredded mozzarella cheese
- Salt and pepper to taste
- Olive oil for frying
- Fresh basil leaves (optional, for garnish) Fresh cilantro and lime wedges for garnish (optional)



For the Hot Chips:

- 4 large potatoes (Desiree or Yukon Gold)
- 2 tablespoons olive oil
- Salt to taste
- Fresh rosemary (optional, for garnish)

Instructions:

Preparing the Chicken Parmesan:

1. Preheat Your Oven:

- Preheat your oven to 375°F (190°C).

2. Prepare the Chicken:

- Place each chicken breast between two sheets of plastic wrap or parchment paper.
- Pound them to an even thickness of about ½ inch using a meat mallet or rolling pin.
- Season both sides of the chicken breasts with salt and pepper.

3. Breading Station:

- Set up three shallow bowls: one with flour, one with beaten eggs, and one with a mixture of breadcrumbs and grated Parmesan cheese.
- Dredge each chicken breast in the flour, shaking off any excess. Dip it into the beaten eggs, ensuring it's fully coated, and then press it into the breadcrumb mixture, covering all sides evenly.

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4. Frying the Chicken:

- Heat a generous amount of olive oil in a large skillet over medium-high heat. • Fry the breaded chicken breasts for about 3-4 minutes on each side or until they are golden brown and crispy.
- Transfer the fried chicken breasts to a paper towel-lined plate to drain any excess oil.

5. Assembling the Chicken Parmesan:

- Place the fried chicken breasts in a baking dish.
- Spoon the Jai's Drop 23 Spag a Bol sauce evenly over each piece.
- Drizzle Jai's Drop 23 Chilli Bourbon Sauce over the Spag a Bol sauce for that unique spicy-sweet kick.
- Sprinkle shredded mozzarella cheese on top.

6. Baking:

- Bake in the preheated oven for about 20 minutes or until the cheese is melted and bubbly, and the chicken is cooked through.
- Optional: Broil for an additional 2-3 minutes to get a golden-brown top.

7. Garnishing:

- Garnish with fresh basil leaves for an extra burst of flavor and a pop of color.

Tips for the Perfect Wings

- 1. Pat the wings dry:** Before marinating, pat the wings dry with paper towels to ensure the marinade adheres better.
- 2. Use a wire rack:** Cooking the wings on a wire rack helps the heat circulate, resulting in evenly cooked, crispy wings.
- 3. Don't overcrowd the baking sheet:** Give the wings plenty of space to ensure they cook evenly and become crispy.
- 4. Adjust the spice level:** If you prefer milder wings, you can reduce the amount of Jai's Drop 23 Chilli Bourbon Sauce or mix it with a bit of honey for a sweeter, less spicy marinade.

Preparing the Hot Chips:

1. Cutting the Potatoes:

- Peel the potatoes if desired and cut them into evenly sized chips or fries.

2. Seasoning:

- Toss the potato chips with olive oil and salt.
- For added flavor, you can sprinkle in some fresh rosemary

3. Baking:

- Spread the chips in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven (375°F / 190°C) for about 25-30 minutes, turning them halfway through, until they are golden brown and crispy.

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Nutrition:

Chicken Parmesan Serving: 4 | Calories: 794kcal | Carbohydrates: 26g | Protein: 63g | Total Fat: 37g | Saturated Fat: 10g | Sodium: 1155mg | Potassium: 46mg | Fiber: 2g | Sugar: 6g | Vitamin A: 200IU | Vitamin C: 6mg | Calcium: 20mg | Iron: 3.5mg

Chicken Parmesan Serving: 4 | Calories: 180kcal | Carbohydrates: 30g | Protein: 3g | Total Fat: 7g | Saturated Fat: 1g | Cholesterol: 0mg | Sodium: 200mg | Potassium: 11mg | Fiber: 3g | Sugar: 1g | Vitamin A: 15IU | Vitamin C: 3mg | Calcium: 2mg | Iron: 1mg