

3 Meal Mini Menu #36- Popcorn Chicken Meals

Grocery List

3lb Popcorn Chicken
Tortilla chips
Black Beans (15oz)
Cheddar cheese
Romaine lettuce
Roma Tomato
Caesar dressing
Parmesan cheese
Spaghetti noodles
Frozen Broccoli (12oz)
Honey
Soy sauce
Garlic Cloves

@lowdoughfamily

Loaded Chicken

Nachos

1 lb popcorn chicken
Tortilla chips
15oz black beans
(rinsed & drained)
Shredded cheddar
cheese
Shredded lettuce
Roma Tomato (diced)

1. Cook popcorn chicken in the airfryer (370°F for 10mins- shaking mid way) or in a 400°F oven for 25 minutes.
2. Spread chips on a sheet pan or in the base of your air fryer.
3. Chop the chicken into small strips and top your chips, add black beans, corn, and shredded cheese.
4. "Bake" in air fry for 5 mins at 370°F or bake for 7-10 minutes in 400°F oven.
5. Top with shredded lettuce, diced tomatoes, and if you have it sour cream or salsa.

Chicken Caesar

Salad

1 lb popcorn chicken
Romaine lettuce
Caesar dressing
Parmesan cheese

1. Cook popcorn chicken in the airfryer (370°F for 10mins- shaking mid way) or in a 400°F oven for 25 minutes.
2. Chop lettuce into bite-sized pieces, and add dressing to taste.
3. Once the chicken is cooked, chop into small strips and put on top of salad with parmesan cheese.

Honey Garlic Chicken & Noodles

1 lb popcorn chicken
8oz spaghetti noodles
12oz broccoli
1/4 cup honey
2 tablespoons soy sauce
1-2 cloves garlic, minced

1. Cook popcorn chicken in the airfryer (370°F for 10mins- shaking mid way) or in a 400°F oven for 25 minutes.
2. Cook pasta in boiling water until tender, then drain and set aside.
3. In a pan on the stove, warm honey, soy sauce, and garlic over low heat.
4. When chicken is cooked, cut into slices and then add to the sauce in the pan.
5. Steam broccoli in the microave.
6. You can mix everything together in the pan with the sauce or top the pasta with chicken & sauce, and have broccoli on the side.