

Sweet and Spicy Chicken Bites - Crispy Oven-Baked Perfection with a Kick

Sweet and Spicy Chicken Bites



OVEN
400°F

TIME
25 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

For the Chicken:

2 lbs boneless, skinless chicken breasts, cut into bite-sized pieces

1 cup all-purpose flour

1 tsp salt

$\frac{1}{8}$ tsp black pepper

$\frac{1}{8}$ tsp garlic powder

2 large eggs, beaten

2 cups panko breadcrumbs

For the Sauce:

$\frac{1}{2}$ cup hot sauce

... cup honey

... cup brown sugar

2 tbsp soy sauce

1 tbsp apple cider vinegar

1 tbsp cornstarch mixed with 2 tbsp water

Garnish:

Sliced green onions

Swaps and Notes:

Hot Sauce: Use your favorite! Frank's, Crystal, or even a smoky chipotle version works.

Chicken: Swap in boneless thighs for extra juiciness.

Breadcrumbs: Regular breadcrumbs work, but panko gives the best crunch.

Make It Gluten-Free: Use GF flour, GF breadcrumbs,

and tamari instead of soy sauce.

How to Make Sweet and Spicy Chicken Bites:

Preheat and PrepPreheat oven to 400°F (200°C).

Line a baking sheet with parchment paper and set a wire rack on top if you have one-for ultimate crispiness.

Dredge the ChickenIn a shallow dish, mix flour, salt, pepper, and garlic powder. Dip chicken pieces first in the flour, then in the beaten eggs, and finally coat in panko breadcrumbs. Lay each piece on the prepared baking sheet.

BakeBake chicken for 20-25 minutes or until golden brown and cooked through (internal temp of 165°F). Flip halfway for even browning.

Make the SauceWhile the chicken bakes, add hot sauce, honey, brown sugar, soy sauce, and vinegar to a saucepan. Bring to a gentle boil over medium heat. Stir in the cornstarch slurry and cook, stirring constantly, until thickened and glossy.

Toss and ServeRemove chicken from the oven and immediately toss in the sauce until fully coated. Garnish with green onions and serve hot.

Tips for Success:

Use a wire rack when baking to allow air to circulate and keep the bottom crispy.

Don't overcrowd the pan-spread chicken in a single layer for even baking.

If you're making ahead, bake the chicken and store the sauce separately until ready to toss and serve.

Serving Suggestions and Pairings:

Beer Cheese Dip and veggie sticks for a pub-style spread

Walking Taco Bar for a customizable party lineup

DIRECTIONS

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8. If you're making ahead, bake the chicken and store the sauce separately until ready to toss and serve.
9. Serving Suggestions and Pairings: These chicken bites are a hit with just about anything. Try serving them with:
10. Beer : Cheese Dip and veggie sticks for a pub-style spread

11. Walking : Taco Bar for a customizable party lineup
12. Simple white rice or buttered noodles to soak up the extra sauce
13. A crisp side salad or pickled veggie slaw to cool down the heat
14. Storage and Leftover Tips: Fridge: Store leftovers in an airtight container for up to 3 days. Reheat in the oven or air fryer to keep that crunch.
15. Freezer: Freeze baked (unsauced) chicken bites for up to 2 months. Just reheat and toss in fresh sauce.
16. More Recipes You'll Love: These Easy Turkey Wings - for another comfort food classic
17. This : Cajun Chicken Sausage Gumbo - spicy, hearty, and loaded with Southern flavor
18. Sheet : Pan Quesadillas - fast, cheesy, and perfect for groups
19. Beer : Cheese Dip - match it with your bites for ultimate game day energy
20. Final Thoughts: Sweet, spicy, crispy, and saucy-these Sweet and Spicy Chicken Bites are everything you want in an easy, flavor-packed dish. Whether you're feeding the family or the whole game day crew, they're guaranteed to disappear fast.
21. ? Let us know how yours turned out! Tag us, comment below, and follow for more bold bites from the Chef ManiacKitchen.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-and-spicy-chicken-bites-crispy-oven-baked-perfection-with-a-kick/>