

Honey Garlic Chicken Nuggets: A Sweet and Savory Homemade Recipe

Honey Garlic Chicken Nuggets



TIME
3-4 min

METHOD
Air fryer

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INGREDIENTS

For the Chicken Nuggets:

- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup all-purpose flour
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1/4 cup vegetable oil (for frying)

For the Honey Garlic Sauce:

- 1/4 cup honey
- 2 tbsp soy sauce (low-sodium)
- 2 cloves garlic, minced
- 1 tsp cornstarch
- 2 tbsp water

Swaps and Notes:

Chicken: You can use boneless, skinless chicken thighs for an even juicier nugget.

Flour: All-purpose flour works great, but you can also use a gluten-free flour blend.

Panko Breadcrumbs: Panko breadcrumbs are key for that extra-crispy, light texture. Regular breadcrumbs will work, but the texture won't be as light.

Soy Sauce: I recommend using low-sodium soy sauce to better control the saltiness of the sauce.

Oil: Vegetable oil is a great neutral oil for frying, but you can also use canola or peanut oil.

Directions:

Make the Chicken Nuggets:

Prep the Chicken: Cut the chicken breasts into 1-inch cubes. Pat them dry with a paper towel to help the coating stick.

Set Up Breeding Stations: Prepare three shallow dishes. In the first dish, mix the all-purpose flour, paprika, salt, and pepper. In the second dish, beat the eggs. In the third dish, add the panko breadcrumbs.

Bread the Chicken: Take each chicken cube and dredge it in the flour mixture, shaking off any excess. Dip it into the beaten egg, and then coat it generously in the panko breadcrumbs, pressing lightly to make sure the breadcrumbs adhere. Place the breaded nuggets on a clean plate.

Cook the Nuggets: Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is shimmering, add the nuggets in a single layer, being careful not to overcrowd the pan. Cook for 3-4 minutes per side, or until golden brown and cooked through. You may need to do this in batches.

Once cooked, remove the nuggets and place them on a paper towel-lined plate to drain.

Make the Honey Garlic Sauce:

Whisk the Sauce: In a small saucepan, whisk together the honey, soy sauce, minced garlic, and cornstarch.

Simmer: Heat the sauce over medium heat, stirring constantly, until it begins to simmer and thicken. This will only take a couple of minutes.

Coat the Nuggets: Add the cooked chicken nuggets to the saucepan and toss them gently until they are fully coated in the warm, sticky sauce.

Tips for Success:

Pat the Chicken Dry: This is a small but crucial step. Dry chicken means the flour and breadcrumbs will stick better, resulting in a crispier crust.

Don't Crowd the Pan: This is key for frying. If you put too many nuggets in the pan at once, the temperature of the oil will drop, and the nuggets will steam instead of fry, leading to a soggy crust.

Use Panko: For the crispiest texture, panko breadcrumbs are the way to go.

DIRECTIONS

1. **Make the Chicken Nuggets:** Prep the Chicken: Cut the chicken breasts into 1-inch cubes. Pat them dry with a paper towel to help the coating stick.
2. **Set : Up Breeding Stations:** Prepare three shallow dishes. In the first dish, mix the all-purpose flour, paprika, salt, and pepper. In the second dish, beat the eggs. In the third dish, add the panko breadcrumbs.
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10. **Use : Panko:** For the crispiest texture, panko breadcrumbs are the way to go.
11. **Thickening the : Sauce:** If the sauce is too thin, you can add a little more cornstarch mixed with cold water to help thicken it. If it's too thick, add a little more water.
12. **Serving Suggestions and Pairings:** These Honey Garlic Chicken Nuggets are delicious served with a side of steamed rice to soak up all that extra sauce. They are also great with a simple green salad or roasted vegetables. For a fun, interactive dinner, you could even set up a spread with these nuggets and other fun finger foods like my [This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd](#).
13. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
14. **Calories:** Approximately 400 (for 4-5 nuggets)
15. **Protein:** 35g
16. **Fat:** 15g
17. **Carbohydrates:** 30g
18. This is a great source of lean protein and a much lighter alternative to traditional fast-food nuggets.
19. **Storage and Leftover Tips:** These nuggets are best enjoyed fresh, but if you have leftovers, you can store them in an airtight container in the refrigerator for up to 2 days. To reheat, I recommend using an air fryer or an oven to get them crispy again. A microwave will make them soft and soggy.
20. **More Recipes You Will Love:** If you're a fan of simple, delicious chicken recipes, I have a few more that I think you'll love. For a comforting and cozy dinner, my [These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners](#) is always a hit. For a lighter, fresher take on chicken, you can't go wrong with my recipe for [A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight](#). And for a great weeknight shortcut meal, my [This Dorito Casserole is My Favorite Weeknight Dinner Shortcut](#) is a lifesaver.
21. **Final Thoughts:** These Honey Garlic Chicken Nuggets are proof that homemade is always better. They are a simple, delicious, and satisfying meal that will become a new favorite in your home. The sweet and savory sauce is the perfect touch to this classic comfort food.
22. I'd love to know what your favorite dipping sauce is for chicken nuggets! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

SWAPS & NOTES

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TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/honey-garlic-chicken-nuggets-a-sweet-and-savory-homemade-recipe/>