

## Easy Oven-Baked Coconut Chicken: A Healthy, Crispy Weeknight Dinner

Crispy Coconut Chicken with Zesty Bang Bang Sauce



### TIME

**15 to 20 min**

### METHOD

**Air fryer**

### PRINT

**Recipe Card**

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### INGREDIENTS

For the Coconut Chicken:

2 pounds boneless chicken tenders: You can also use chicken breasts cut into strips.

2 large eggs: Our binding agent for the crust.

2 tablespoons hot sauce: Added to the egg wash for a hidden layer of flavor.

2 cups cornflakes: This is the secret to the ultimate crunch.

1% cups unsweetened shredded coconut: Ensure it is unsweetened to avoid a "dessert" taste.

1 teaspoon paprika: For color and a hint of smokiness.

% teaspoon garlic powder & onion powder: For savory depth.

... cup sesame seeds: Adds a nutty finish and great visual appeal.

Pinch of salt: To enhance all the flavors.

Olive oil: For drizzling before the bake.

For the Zesty Bang Bang Sauce:

% cup mayonnaise: The creamy base.

1/3 cup sweet chili sauce: Provides the "sweet" in the heat.

2 tablespoons coconut aminos: You can substitute with tamari or soy sauce.

1 tablespoon hot sauce: Adjust this based on your spice tolerance.

1 tablespoon rice vinegar: For that essential

acidic zip.

1 small clove garlic: Grated fresh for a pungent kick.

Zest of 1 lime: To brighten the entire profile.

## DIRECTIONS

1. **Prepare the Oven and Pan:** Preheat your oven to 425°F (220°C). This high heat is crucial for "air-frying" the chicken. Line a large baking sheet with parchment paper or a silicone mat to prevent sticking.
2. **Create the Crunch Factor:** Place the cornflakes, shredded coconut, paprika, garlic powder, onion powder, sesame seeds, and salt into a food processor. Pulse until you have coarse crumbs. You don't want a fine flour-texture is key here! If you don't have a processor, a zip-top bag and a rolling pin work just fine.
3. **The Dredging Station:** Set up two shallow bowls. In the first, whisk your eggs with the hot sauce. In the second, spread out your coconut-cornflake mixture.
4. **Coat the Chicken:** Dip each chicken tender into the egg mixture, let the excess drip off, and then press it firmly into the crumb mixture. Ensure every nook and cranny is covered. Place them on the baking sheet and drizzle lightly with olive oil.
5. **Bake to Golden Perfection:** Bake for 15 to 20 minutes. Pro Tip: Flip the chicken halfway through to ensure the bottom gets as crispy as the top. The chicken is done when the internal temperature reaches 165°F (75°C).
6. **Whisk the Sauce:** While the chicken is in the oven, whisk all the sauce ingredients together in a small bowl. Let it sit in the fridge for at least 10 minutes to let the flavors meld.

## SWAPS & NOTES

The Breadcrumb Alternative: If you don't have cornflakes, Panko breadcrumbs work, though they won't be quite as crunchy.

Gluten-Free: Ensure your cornflakes are certified gluten-free and use coconut aminos or tamari instead of standard soy sauce.

Chicken Alternatives: This breading works beautifully on shrimp or even thick slices of tofu!

The Heat Factor: If you want a milder sauce, reduce the hot sauce and add an extra teaspoon of honey or sweet chili sauce.

## TIPS FOR SUCCESS

**Don't Overcrowd:** Give each piece of chicken space on the tray.

If they are touching, they will steam instead of crisp.

**Press Hard:** When coating the chicken, really press the crumbs into the meat so the crust stays attached during flipping.

**Fresh Garlic:** Don't use the jarred minced garlic for the sauce; fresh grated garlic makes a world of difference.

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

Original recipe: <https://chefmaniac.com/easy-oven-baked-coconut-chicken-a-healthy-crispy-weeknight-dinner/>