

Helergon Kitchen

Bang Bang Chicken Sliders Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into 1-inch strips
- [ ] 1 cup panko breadcrumbs
- [ ] 1/2 cup all-purpose flour
- [ ] 1 egg, beaten
- [ ] 8 slider buns, toasted
- [ ] Oil for frying

For the Slaw

- [ ] 2 cups shredded cabbage
- [ ] 1 carrot, julienned
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp sugar
- [ ] Pinch salt

For the Bang Bang Sauce

- [ ] 1/2 cup mayonnaise
- [ ] 2 tbsp sriracha
- [ ] 1 tbsp honey
- [ ] 1 tbsp lime juice
- [ ] 1 tsp soy sauce

Instructions

1. Pat the chicken dry, then set up three bowls: flour, beaten egg, and panko. Dredge each piece in flour, dip in egg, and coat with panko.
2. Heat oil in a large skillet over medium-high heat. Fry the chicken pieces until golden and cooked through, about 3-4 minutes per side. Drain on paper towels.
3. While the chicken rests, whisk together mayo, sriracha, honey, lime juice, and soy sauce to form the bang bang sauce. Set aside.
4. In a bowl, toss shredded cabbage and carrot with vinegar, sugar, and salt. Let sit for a few minutes.
5. Toss the fried chicken in the sauce until evenly coated. Assemble each slider: bottom bun, sauced chicken, slaw, extra drizzle of sauce, then top bun.

Nutrition per serving

420 kcal	25 g	32 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the oil temperature steady; dropping it too low will make the coating soggy.
- For extra flavor, sprinkle a pinch of smoked paprika on the chicken before frying.
- If you prefer a lighter coating, bake the chicken at 425°F for 15-18 minutes, then toss in sauce.