

FOOD & WINE

INSPIRATION SERVED DAILY



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Crisp Spiced Chicken

CONTRIBUTED BY [GRACE PARISI](#)

ACTIVE:

FAST

TOTAL TIME: 30 MIN

SERVINGS: 6

Quick Chicken Recipes

2 plum tomatoes, diced

**1/2 cup crumbled feta cheese
(3 ounces)**

**2 tablespoons extra-virgin olive
oil**

1 jalapeño, seeded and minced

**2 tablespoons chopped flat-leaf
parsley**

1/2 cup tahini paste

1/2 cup water

**2 tablespoons fresh lemon
juice**

1 garlic clove, smashed

Salt and freshly ground pepper

**1/2 cup all-purpose flour, for
dusting**

2 large eggs, beaten

**One 6-ounce package falafel
mix**

2 pounds thin chicken cutlets

1. Preheat the oven to 225°. In a medium bowl, toss the tomatoes with the feta, olive oil, jalapeño and parsley. In a mini food processor, puree the tahini with the water, lemon juice and garlic until smooth. Season with salt and pepper. Transfer the sauce to a small bowl.

2. Put the flour, beaten eggs and falafel mix in 3 shallow bowls. Season the chicken with salt and pepper; dust with flour. Dip the chicken in the egg, then coat in the falafel mix.

3. In a large nonstick skillet, heat 1/4 inch of oil until shimmering. Working in batches, fry the chicken over moderately high heat, turning once, until crisp, 6 minutes. Drain on paper towels. Transfer to an ovenproof platter; keep warm in the oven. Serve the chicken with the salad and sauce.

Vegetable oil, for frying