

THE

CrossFit

KITCHEN



KICKIN' LIKE VAN DAMME CHICKEN FINGERS

By Nick Massie

Overview

Nick Massie of [PaleoNick.com](http://paleonick.com) calls this dish “the bigger brother” to his [bacon-wrapped jalapeño poppers](#). Each mouthful mingles chicken, bacon, bell and jalapeño peppers, and parsnips. This is a meal you can gobble now or freeze and enjoy later.

ingredients

- 2 large boneless, skinless chicken breasts
- 2 red bell peppers
- 12 slices of bacon
- 1 jalapeño, cut into 36 slices
- 3 tbsp. Massie Mayo
- Cilantro, to garnish
- Olive oil, as needed
- Kosher salt, to taste
- Black pepper, to taste
- 5 parsnips, peeled and chopped into uniform 2-in. chunks

directions for the chicken fingers

1. Cut the bell peppers and chicken breasts into 12 finger-sized slices.
2. Season the chicken with kosher salt and pepper on both

sides, and place one piece of chicken inside each piece of bell pepper.

3. Place 3 slices of jalapeño on each piece of chicken.
4. Wrap each bell-pepper slice with a piece of bacon and perform the “double tuck” technique, where both ends of the bacon are tucked to ensure it doesn’t unravel when cooking.
5. Heat a 14-in. skillet over medium-high heat and add a teaspoon of olive oil. When the pan is hot, add the chicken fingers, seam-side down.
6. Cook, turning regularly, until the chicken fingers are caramelized on all sides and reach an internal temperature of 165 F. Cut the heat and remove the fingers from the pan.
7. Make a bed of parsnip puree (see below) on a plate, top with 2-3 chicken fingers, drizzle with Massie Mayo and garnish with cilantro. (For added flavor, fold some chipotle puree into your Massie Mayo.)

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directions for the parsnip puree

1. Place parsnips in a pot and cover with cold water to 2 in. above the top parsnip.
2. Bring to a simmer and cook until fork tender.
3. Strain parsnips and transfer them to a food processor or mash them with a whisk. If using a food processor, puree until smooth, adding enough water to the bowl to get them to puree completely.
4. Transfer to a plate or food-storage container and top with chicken fingers. Enjoy!

This is a great meal to prepare and freeze. If you're freezing it, leave the mayo off until after you've thawed and reheated the dish. Pre-made meals will store in the fridge for up to 5 days or in the freezer for up to 6 months.