Crispy Lemon–Miso Chicken Caesar Cups



Golden Parmesan–panko chicken in Little Gem cups with lemon–miso yogurt and chives.

12 cups · 4 light meals or 6 appetizers Prep 25 min active · Bake 15–20 min About 50 min total, including 5 min rest

INGREDIENTS

1 lb (450 g) boneless skinless chicken breast, raw; 3/4-inch pieces 1 cup (about 60 g) panko breadcrumbs 1/4 cup (about 30 g) all-purpose flour 1 large egg, beaten 2 tbsp olive oil — all for crumbs 1/4 tsp fine salt — all for flour 1/4 tsp black pepper — all for flour 1/4 cup (about 20 g) finely grated Parmesan: 2 tbsp crumbs + 2 tbsp finish 1/2 tsp smoked paprika — for crumbs 12 Little Gem inner leaves (about 2 heads) 1/4 cup (60 g) plain whole-milk Greek yogurt 2 tsp (about 10 g) white/shiro miso 1 lemon: 1 tbsp juice + 1/2 tsp finely grated yellow zest 1 tsp Dijon mustard 1 small garlic clove, finely minced 1 tbsp fresh chives, measured after finely slicing — all to finish EQUIPMENT & ALLERGENS

Oven; rimmed sheet; 425°F-rated parchment; 3 breading dishes; bowl; knife/boards; clean tongs/platter; grater; measuring tools; instant-read thermometer; shallow covered containers; fridge thermometer.

Milk, egg, wheat, soy; mustard. Check component labels, including miso for barley or other allergens.

METHOD

1 · Set up. Heat oven to 425°F; line a rimmed sheet with suitable parchment. Wash hands with soap 20 seconds. Rinse lettuce, chives and lemon under plain running water; no soap on produce. Discard damaged leaves; dry 12 inner leaves. Keep raw-chicken tools separate. Do not wash chicken.

2 · Dressing first. Whisk all yogurt, miso, measured lemon juice/zest, Dijon and garlic. Cover and refrigerate at 40°F or below, with dry lettuce and chives. Reserve 2 tbsp Parmesan in a clean bowl. No oil or raw egg goes into the dressing.

3 · Bread. Cut chicken into 3/4-inch pieces on a separate raw board. Use 3 dishes: flour with all salt/pepper; beaten egg; panko with all oil, paprika and remaining 2 tbsp Parmesan. Coat in flour, egg, then crumbs. Space in one layer on sheet. Discard raw-contact flour, egg and crumbs. Wash hands; clean/sanitize raw-contact tools/surfaces. Use clean cooked-food tongs and platter.

4 · Bake; verify. Bake 15–20 min, turning halfway. Golden color and time do not prove safety. Thermometer-check centers of several thickest pieces across the tray, inserting sideways into small bites: each must reach 165°F. Continue cooking/recheck as needed. Wash probe after raw or under-temperature checks, before testing cooked food.

5 · Assemble. Rest chicken 5 min, just until warm, not steaming. Divide among 12 dry cups. Drizzle about 1 1/2 tsp dressing per cup; offer remaining clean dressing separately (about 6 tbsp total). Add reserved Parmesan and all chives. Assemble just before serving. Oven preheats during 20 min initial prep; 5 min final assembly completes 25 min active work.

6 · Store safely. Promptly refrigerate chicken in a shallow covered container, separate from lettuce/sauce; do not wait for room-temperature cooling. Keep at 40°F or below. Use each component within 48 hours of its preparation or earlier ingredient deadline; later mixing never resets the clock. This household limit is not a validated shelf life (USDA cooked leftovers: 3–4 days). Count prep, rest and serving together: discard after 2 hours out, or 1 hour above 90°F. Never mix old/new batches or return served/dipped sauce to reserve. Reheat only stored chicken to 165°F, then add fresh cold lettuce/sauce. Lemon/miso do not prove preservation; not for pantry storage.

[1] Inspired by Sunny Fine Foods' Crispy Chicken Caesar Bites caption.

[2] USDA: Chicken from Farm to Table — 165°F; no poultry washing; separate raw/ready-to-eat.

[3] USDA: Leftovers and Food Safety — shallow cooling, 40°F storage, time-out limits, reheating.

[4] FDA: 7 Tips for Cleaning Fruits, Vegetables — hands 20 sec; plain running water; no soap.

RECIPE NOTE

Not kitchen-tested; quantities, yield and times are estimates. AI-generated serving illustration.

Sources: [1] facebook.com · [2] fsis.usda.gov · [3] fsis.usda.gov · [4] fda.gov